



INTERNATIONAL KARATE ORGANIZATION KYOKUSHINKAIKAN NORTH AMERICA

**SUMMER GASSHUKU
AUGUST 6 - 9, 2009
BURLINGTON, VERMONT**

SPECIAL GUEST INSTRUCTOR CAMERON QUINN SHIHAN

April 22, 2009

Dear Shihan, Sensei, Sempai, & Students:

We are pleased to invite you to the IKOK North America Summer Gasshuku Training, hosted by the Green Mountain Dojo of Vermont. **This training is open to all karate-ka ages 13 and up regardless of affiliation.** The seminar will be held on August 6 through 9 at Champlain College in beautiful Burlington Vermont. This year we are especially excited to welcome Cameron Quinn Shihan as a special guest instructor!

SUMMER GASSHUKU 2009

DATES

August 6 - 9, 2009

LOCATION

Champlain College
163 South Willard Street
Burlington, Vermont 05402
<http://www.champlain.edu/>

ACCOMMODATIONS

Main campus dormitory style housing is available in three of the hall residence buildings. The campus accommodations are very affordable and are available in single, double, triple and quad occupancy. All rooms will be released on a first come, first served basis.

The beautiful campus of Champlain College is located in the heart of Burlington, and is a short walk to the shores of Lake Champlain which can be seen from many points on campus. The location is also only 15 minutes from Burlington International Airport (BTV).



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HOTELS

We strongly encourage taking advantage of the campus accommodations. However, if you are traveling with family or due to other circumstances you wish to stay in a hotel, there are many hotels in Burlington close to the college. Simply use "Burlington Vermont hotels" for online searching purposes.

MEALS

Complete meals for breakfast, lunch and dinner are available in the campus dining hall. An array of foods including vegetarian choices will be available at specific dining times. All meals are "on your own" with the exception of the group BBQ on Saturday evening. Prices for dining hall meals are \$6.50/breakfast, \$8.50/lunch, \$11.50/dinner. (Ala carte items are also available if you do not wish to purchase a complete meal.)

TRAINING

Training throughout the weekend will consist of kihon, ido-geiko, kata, bunkai, goshin-jitsu, grappling, misc. special training topics and opportunities to participate in yoga and meditation.

Thursday August 6

Training; One evening session 7:00 pm – 9:30 pm

(Check-in time for all participants is from 2:00 pm – 4:00 pm only, as this is a college assisted process for distribution of keys etc.)

Dinner will be available in the dining hall.

Friday August 7

Full day of training with breaks for lunch etc.

Saturday August 8

Full day of training with breaks for lunch etc.

Group BBQ 6:00 pm

Sunday August 9

Half day of training

Conclude at noon

Please note that a more detailed agenda will be provided to registered participants at a later date.



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COST

Seminar Training Fee - \$275 (additional family members \$225)

The seminar fee includes training for the entire weekend and the group BBQ on Saturday evening. This fee **does not include the cost of your chosen accommodations**; please see dorm costs below.

Dorm rates are as follows. Rates are **per person** (not per room) **for all three nights** and include bed linens and towels.

Single; 3 nights:	\$140
Double; 3 nights:	\$125 per person – two people in a room
Triple; 3 nights:	\$110 per person – three people in a room
Quad; 3 nights:	\$95 per person – four people in a room

There is a specific number of each room configuration available. Therefore all rooms will be released on a first come, first served basis. If the room type you request is not available, you will be notified immediately and offered an alternate room if possible. One of the residence halls is not air conditioned. Therefore all other rooms will be released first.

REGISTRATION

Space for this seminar is limited! Please register as early as possible by completing the attached form and mailing with your deposit of \$150. Please make checks payable to "Green Mountain Dojo" and mail to:

Toni Flynn
Green Mountain Dojo
2792 Pucker Street
Stowe Vermont 05672
USA

The balance of your fees for both the training and dorm accommodations is due by July 1; checks only please. All registered participants will receive a confirmation of accommodations as well as more detailed instructions for check-in, directions, area info etc.

If you have any questions, please contact Toni Flynn at info@greenmountaindojo.com

We hope to see you this summer! Osu!