



Isshinryu Karate Training Weekend

July 10 – 12, 2009
Fort Madison, Iowa



All Isshinryu Karate-ka are WELCOME!

- When:** July 10 – 12, 2009
- Where:** Travelodge Hotel, 5001 Avenue O, Rt. 61, Fort Madison, IA
- Registration:** <http://www.sign-up-site.com/training.html> You must be pre-registered
- Cost:** \$75.00 for the entire weekend event!
- Hotel reservations:** \$55.95 per night – normal rate is \$69.95
Contact **Carrie** and mention the **Karate Training Weekend** to get rate.
Call - 877-372-7510 toll free
Email - Cakramer.travelodge@gmail.com

***** Limited Space is Available, so book soon! *****

Come enjoy a relaxed and informational weekend full of martial arts training. This is not just for black belts, however, there will be special black belt only sessions. We have a great variety of instructors and programs and we are positive you will come away with a great deal of knowledge. We have restricted amounts of space, so register early to ensure yourself of a spot.

Guest instructors include:

Master Nick Adler

Master Peter Carbone

Master Ken Pierce

Master Marilyn Fiero

Master Wayne Wayland

Master Terry Creamer

Master Keith Smith

Master John Holwager

Sensei Cliff Morse

For more information or for questions, contact Master Steve Young at

steve.young@sviks.com.

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Friday - July 10

4:30 - 5:30	Arival and Check-in	
5:30 - 6:30	Session 1A Session 1B	Master Adler Master Pierce & Sensei Morse
6:30 - 7:30	Session 2A **	Master Adler
		Speed Drills Joint Locks & Counters
		3rd Dans & Up

Saturday - July 11

8:00 - 9:30am	Session 3A Session 3B	Master Carbone Master Fiero	Chinto Kata Bunkai Women's Self Defense
9:30 - 9:45am		Break	
9:45 - 11:15am	Session 4A Session 4B	Master Holwager Master Adler	2 Person Sai Routine Seisan Kata Bunkai
11:15 - 11:30am		Break	
11:30 to 1pm	Session 5A * Session 5B	Master Fiero Master Creamer	Hamahiga No Tuifa Kata Point Sparring Techniques
1:00 - 2:00pm		Lunch	
2:00 - 3:30pm	Session 6A * Session 6B	Master Adler Master Smith	Kama Kata Instruction Drills & Ideas
3:30 - 3:45pm		Break	
3:45 - 5:15pm	Session 7A Session 7B	Master Wayland Master Holwager	Gun Self Defense Motobu Choki Drills
5:15 - 5:30pm		Break	
5:30 - 6:30pm	Session 8A	Master Carbone	Arnis Session

Sunday - July 12

8:30 - 10:00am	Session 9A Session 9B	Master Creamer Master Carbone	Joint Lock Routine Sai Basics & Drills
10:30am		Depart	

NOTE: Events and instructors subject to change.

** - Sandans & Up ONLY

* - Black Belt Only