

Daigaku Karate Kai

大学空手会



Summer School 2013 Student Handbook

23 Years of DKK love

Introduction

For almost a quarter of a century, Summer School has represented the cornerstone and culmination of our whole year's training. Once a year, the whole of DKK gets together for three days of intensive open-air training – London, Bristol, Torquay, North Devon plus various DKK diaspora and various friends and associates from other styles and associations. Training is relaxed but fun and you will learn a lot in these three days.

This year we have two guest instructor sessions – one Goju (*Kyudokan Goju Ryu*), and one Shorin (*Shinseido Shorin Ryu*). Summer School culminates with a final grading and this year in addition to a number of Black Belt attempts, we have four people facing the daunting 30 Man Kumite of the Nidan test; Andy Bremerkamp, Ben Hung, Simon Clinch and Ragi McFadden and we look forward to seeing them face their fears on the 'Field of Truth' very soon.

As usual, we are starting on the Saturday, but as ever, please try and get down there on Friday night for the only pub session of the weekend (the pub is out-of-bounds for the rest of the weekend).

Similarly, while you can leave on Monday night, we'd much prefer you stay with us for the BIG DKK BBQ on Monday night to round off what will be another fantastic weekend. We'll have some food, a few drinks, camp over one more night and all head back on Tuesday morning.

Summer School is an awesome event and, as ever, it is your presence, energy and participation that make it possible.

Please note: In order for you to train, your licence must be current and valid. Please check *before* you travel to ensure that this is the case.

Timetable

Saturday 15 th	Sunday 16 th	Monday 17 th
<p>Arrival Anytime from 16:00 on Friday 14th Meet in the Black Horse from 20:30 (Friday night)</p>	<p>Early morning fitness 7:30 – 8:00 Run by Nidans All Shodan, Shodan-Ho Brown belts and anyone going for black, brown or green</p>	<p>Early morning fitness 7:30 – 8:00 Run by Nidans All Shodan, Shodan-Ho Brown belts and anyone going for black, brown or green</p>
<p>Sticks (Tambo/Eskrima) 10:00 – 11:30 Sensei G</p>	<p>Guest Session 9:00 – 10:30 David Morris Kyudokan Goju Ryu</p>	<p>Wakey wakey Pads 9:00 – 10:00 Goran Powell</p>
<p>Blocking/trapping 11:30 - 12:30 Sensei D</p>	<p>Grappling 11.00 - 12.00 Sensei D (Gi tops on)</p>	<p>Kubotan 10:30 – 11:30 Sensei G</p>
<p>Chokes/strangles/locks 14:00 - 15:00 Sensei G (Gi tops on)</p>	<p>Guest Session 12:00 - 13:30 Roger Sheldon Jo-Shinseido Shorin Ryu</p>	<p>Sanchin 11:30 – 13:00 Sensei D</p>
<p>Kumite 16:00 – 17:00 Sensei D</p>	<p>Teamwork & Fitness 14:30 - 16:00 Sensei D/G</p>	<p>Gradings 14:30 – 18:00 Sensei D/G (Gis on)</p>
<p>Tensho Nidan & above 17:00 – 18:00 Sensei G</p>	<p>30 Man Kumite 16:30 - 18:00 Andy Bremerkamp / Ben Hung Simon Clinch / Ragi McFadden</p>	<p>Awards followed by DKK BIG BBQ 19:00 – 24:00</p>
<p>Campfire talk (Sandan) 21:00 Mark Salomone Siobhan Tierney</p>	<p>Campfire talk (Sandan) 21:00 Rob 'Smiley' Newton</p>	<p>Subdued conversation and tautological retrospective revisionism 24:00 onwards Depart Tuesday am</p>

Equipment Checklist

Essential	✓	Useful	✓
Tent		Headgear	
Sleeping bag		Alarm clock	
Cooker, kettle, pans etc		Clothes line	
Camp Bed, Bed Roll		Water holder	
Gi + Belt		Beer	
Training Clothes		Energy bars/drinks	
Trainers		Spare trainers	
Sparring/grappling Mitts		Beer	
Mouthguard		Basic First Aid kit	
Waterproofs		Meat	
Pads		Torch	
Escrima Sticks		Whiskey	
Bo/Jo		Water pistol	
Kubotan		Meat	
Towel		Beer	
Food		Meat	
Water bottle			
Karate Licence			
Matches			

Directions

1. Head along the M4 to the M5 just past Bristol.
2. Join the M5 heading South towards Weston-S-Mare.
3. Leave the M5 at junction 19 at the 'Gordano Services'.
4. At the roundabout take the 4th exit to 'Portishead' along the A369. Look out for the 'Low Flying Owls' sign.
5. At the next roundabout turn left towards 'Clevedon'. A little further and 'The Albion' pub will be on your right.
6. Follow the road round to the left into 'St Mary's Road'. 'Gordano School' will be on your right.
7. Turn left into 'Clapton Lane' and follow this road for about a mile before turning right into 'Clevedon Lane'.
8. This road is narrow and you will now think you are lost! At 'The Black Horse' pub turn left into 'Wood Lane'.
9. Up the road, head on onto an unmade road and you're there.
10. Any problems call Dan on 07958-363-522 or Gavin on 07976-411-901.
11. Or... set SatNav to BS20 7RQ