

CAMP BUSHIDO WEST



Judo & Jujitsu Training Camp

Old Oak Ranch
Sonora, California

Monday, JULY 18th – Friday, JULY 22th, 2011

Camp Staff

Charles Robinson - 8th Dan
Senior Skills Review & Camp Director

Featured Instructor
To Be Announced

Regular & Previous Special Guest Instructors May Include:

Ronda Rousey - Gary Goltz - Jim Bregman - Rey Tinaza - Anna Marie Rousey DeMars
David Fairfield – Dale Kahoun - Dennis Mercer – Brian O’Hara
Jose Ortiz – Henry Kaku

Dave Barlow & Joa Schwinn - Camp Directors
Mark and Lisa Guerrero - Judo Program Instructors
Hans Ingebretsen - JuJitsu Program Instructor

<http://www.campbushido.com/>

THIS WILL BE A MONDAY Evening THROUGH FRIDAY Morning CAMP

CAMP BUSHIDO WEST

2011 RATES

	Regular Rate <small>Paid After 6/15/11</small>	Early Registration Discount Rate	Family Discount Rate <small>(Family of Three or More)</small>
Ages 6 & Up	\$ 285.00	\$ 265.00	\$ 255.00
Ages 3 to 5	\$ 150.00	\$ 140.00	\$ 125.00
Ages 2 & Under	\$ 25.00	\$ 20.00	\$ 18.00

DEPOSIT: \$ 75.00

Space is offered on a first come - first served basis. Space is limited. It is advisable that you send in the non refundable deposit at your earliest opportunity to assure your space. Your deposit only secures an available space. To receive any discount see below.

DISCOUNT PAYMENT DATE: June 15th, 2011 (Wednesday)

"Early Registration" & "Family" Discount Rates

All discounts require payment-in-full AND received or postmarked no later than June 15, 2011. Any payment received for less than the total amount due or after that date will require full payment of the Regular Rate.

CREDIT / DEBIT CARD PAYMENT:

You may make a payment with a debit or credit card. In addition to all camp fees, there will be a fee of \$12.00 per camper for this service (this is how much it cost us).

To utilize this option you must contact Assistant Camp Director, Joa Schwinn, at (707) 523-3200 and provide your information over the telephone. A confirmation number will be provided.

POSTED PAYMENTS (via "snail" mail):

To assure timely receipt of for payments please do not mail any payments after **July 10th, 2011.** Please make sure there is a spot open and bring your payment to camp.

MAILING ADDRESS:

Camp Bushido 3168 Condo Court, #B, Santa Rosa, California 95403

CAMP BUSHIDO 2011

Judo & Jujitsu Training Camp

Everyone!!!! PLEASE READ THIS CAMP INFORMATION. It is important!!!!

The Camp - Camp Bushido West is held at Old Oak Ranch which is nestled in the mountain forest of cedars and pines in the Sierra foothills above Sonora, California. The camp is approximately 70 miles southeast of Sacramento, and 30 miles west of Yosemite National Park, CA. This is the California Gold Rush area of magnificent beauty and wonder. It is a phenomenal location for learning and relaxation; a place to restore yourself.

2011 Camp Dates - Camp dates are **Monday, July 18th, through Friday, July 22nd, 2011**. Registration and check-ins, will begin on at 3:00pm (**no early arrivals!**). Checkout will be on, no later than 11:00am on Friday. The daily schedule is still being developed but will be posted once it is finalized.

Camp Fees - Please review the attached camp 2011 RATES sheet. This sets forth the rates, discounts and deadlines. Camp fees covers room and board, camp t-shirt, a camp group picture, and all camp judo and jujitsu programs. To be guaranteed a spot in the camp and get the t-shirt you must have sent in your registration with deposit by June 15th, 2011. **To get the discounted rate you must have also paid the balance of your fees by June 15th, 2010.**

Camp Programs - There will be both a senior and junior program. It is our intent to provide certification programs for coaches, referees, rank examiners, and kata. Points may be accumulated at camp for promotional requirements. Additionally, campers may complete promotional requirements during camp. At the discretion of their judo schools sensei campers may receive recommendations for promotion, or actual promotions from camp. Camp Bushido is a sanctioned camp by the United States Judo Association.

The Instructors - Every year Camp Bushido is host to a featured guest instructor who is a nationally or internationally renowned instructor and/or competitor. Besides the much loved Professor Charlie Robinson, in the past few years these notables have included Ronda Rousey, Jin Izumi, Jim Bregman, David Fairfield, Dr. AnnMaria DeMars, Gary Goltz, Rey Tinaza, George Weers, Butch Ishisaka, and Roy Hash. Many, if not most of these past featured instructors have enjoyed camp so much that they return to participate as additional honored guest instructors who pitch in to add an "extra-super-awesome" level of instruction. Of course there are the perennial instructors who include our beloved director and founder Professor Charlie Robinson, our awesome kids program general instructors Mark and Lisa Guerrero, and the guy in a black gi, jujitsu program leader Hans Ingebretsen and co-hort Jose Ortiz.

Rooms - Housing is in nice carpeted dormitory style rooms with bunks that house 2 -4 campers per room. The rooms are air conditioned and usually share a bathroom between two rooms (4-8 campers). There will be a facilitator for each wing (4) of the lodge. Room assignments will be made at registration and are based upon shared room criteria established to provide a safe and enjoyable camping experience. Certain requests may be considered in the room assignments (friends, siblings, etc), however, these considerations

are not guaranteed. Final room assignments will be made based upon bed availability and appropriateness under established criteria and may be subject to change.

Meals - Three hearty meals will be provided daily to campers in our open air dining hall (it is a huge tent with open sides underneath towering trees). If you have dietary considerations (Vegetarian/vegan food intolerances or allergies) please contact Dave Barlow. We will not make accommodations for “picky” eaters.

The first meal will be Monday evening, **July 18th** and the last meal will be breakfast on Friday, **July 22nd**, 2011.

Partial Week - Staying part of the week is discouraged as being part of the entire program is part of the planned experience. Housing is limited. However, if you are unable to stay for a full week there will be an adjusted daily rate camper fee posted once the annual camp contract is signed, the day rate will be determined. Call for details.

Airport Transportation – In the past, providing transportation from local airports has proven to be a difficult logistical problem. If you need transportation to and from one of the local airports, please make arrangements with a car rental agency or public transportation. There are many regular campers who come every year who would most likely be happy to provide a ride for one or two campers coming into one of the airports nearby (Sacramento, Oakland, San Francisco, or San Jose. Although this is not an official or guaranteed offer, we have had very good luck with this. Call for details.

Additional Activities - During the camp, the pool will be available for swimming on a posted schedule and includes a lifeguard. Campers may also participate in hikes and games. There are paved basketball courts, a playing field, volleyball area, and a game room with a snack bar. Some equipment will be provided. Anyone bringing their own should clearly label their equipment.

Day excursions to areas of local points of interest are often taken by non-judo campers. These day trips are for adults and non-participatory children who have adult supervision. These may include additional costs such as transportation, meals, shopping, entrance fees, or tickets for entertainment. These activities are on an ad hoc basis.

Arrangements are also usually made for a paintball session, Wednesday afternoon, if enough people sign up (min. 20 req'd). There is an extra fee for these activities. It has been \$20 in the past for basic equipment. Please bring extra cash for this optional activity if you wish to participate. Additional paintballs may be purchased. Information will be posted once arrangements have been finalized. Call for details.

Camp Rules - All camp rules will be explained at the mandatory general meeting the first night of camp. If a camper cannot make this meeting they will still be held accountable for knowing what the rules are. It is understood that any violation of camp rules may result in a camper being sent home. In the event that parents are unable to pick up their child, arrangements will be made to send the camper home at their parents expense. Any camper sent home for discipline problems will forfeit any camp fees paid. **ABSOLUTELY NO ALCOHOL OR DRUGS ARE ALLOWED IN CAMP.** For the safety of all campers, no dogs, cats, or other animals permitted.

Clothing - Weather in the Sierras in the summer is variable. We suggest that you bring a warm jacket (preferably rainproof) and tennis shoes or boots. There is no provision for doing laundry so camper should have enough clean clothes to see them through the entire week.

Uniforms - This camp is held in the Sierra foothills during the summer; it can get very warm. Although we now have air conditioned workout rooms, sweat is most certainly a part of judo. We strongly advise that you bring at least two uniforms. There are limited facilities to wash clothes at the camp. You should also mark your uniforms clearly for identification. Wearing t-shirts under your go top (mandatory for females) is helps to keep the uniforms fresher for a longer period of time.

Program Participation - Rules for acceptance and participation in the camp program are the same for everyone without regard to race, color, national origin, age, sex, or handicap.

To enroll a camper in Camp Bushido:

- 1) Complete the Application Form.
- 2) Make your Check Payable to : **Camp Bushido**
- 3) Mail the form and your deposit or camp fees to:

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Camp Bushido
c/o Seika Ryu Martial Arts
3168 Condo Court, #B
Santa Rosa, CA 95403

For more information contact

Joa Schwinn (707) 523-3200 or jschwinn@seikaryu.com

Hans Ingebretsen (408) 377-1787 or hansingebretsen@yahoo.com

Additional camp forms and information available on our website: **www.campbushido.com**

EQUIPMENT CHECK LIST

This is a suggested check list of items most campers should have:

- | | |
|---|--|
| <input type="checkbox"/> Sleeping bag (warm) | <input type="checkbox"/> Hair brush / comb |
| <input type="checkbox"/> Pillow(s) | <input type="checkbox"/> Hair ties for long hair) (no metal) |
| <input type="checkbox"/> Judo / jujitsu uniform (2-4) | <input type="checkbox"/> Dirty clothes bag |
| <input type="checkbox"/> Pullover sweats | <input type="checkbox"/> Shoes - sneakers |
| <input type="checkbox"/> Swim Suit (1-2) | <input type="checkbox"/> Shoes - sandals / flaps / thongs |
| <input type="checkbox"/> Underwear (8-10) | <input type="checkbox"/> Sun Block |
| <input type="checkbox"/> T- Shirts (8-10) | <input type="checkbox"/> Hat |
| <input type="checkbox"/> Socks (8-10) | <input type="checkbox"/> Sun glasses |
| <input type="checkbox"/> Shorts or cut-offs (4-5) | <input type="checkbox"/> Chapstick |
| <input type="checkbox"/> Long pants (4-5) | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Sweater or jacket (1-2) | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Pajamas or sweats (1-2) | <input type="checkbox"/> Camera & film |
| <input type="checkbox"/> Bath Towels (3-4) | <input type="checkbox"/> Extra batteries |
| <input type="checkbox"/> Wash Cloth (1-2) | <input type="checkbox"/> Notepad and pen |
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Envelope |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Postage stamps |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Fishing pole, tackle, & bait (opt.) |
| <input type="checkbox"/> Bath Soap | |

Driving Directions To Old Oak Ranch

Please choose the option that best fits your geographical location!

Option 1

Follow Highway 108 East towards Sonora. Pass through Jamestown and bypass Downtown Sonora. Take the Hess Avenue exit. Turn left onto Hess Avenue (< 0.1 miles). Take a right onto Phoenix Lake Road. Follow Phoenix Lake Road until you hit Belleview School (6.7 miles). At Belleview School be sure to stay to your left as Phoenix Lake Road soon becomes Big Hill Road. Follow Big Hill Road until you see a large directional sign on your right for Old Oak Ranch (4.1 miles). Make a hard right turn onto Old Oak Ranch Road. Travel up the road until you see our large Old Oak Ranch sign (1.3 miles).

Option 2

Follow Highway 49 Southeast towards Sonora. Turn left onto Parrot's Ferry Road towards Columbia (0.1 miles). Turn right onto Sawmill Flat Road (2.1 miles). Turn right onto Big Hill Road. Drive up the mountainside until you see a large directional sign on your left for Old Oak Ranch (3.7 miles). Turn slight left onto Old Oak Ranch Road. Travel up the road until you see our large Old Oak Ranch sign (1.3 miles).

Please do not hesitate to call if you have any questions regarding directions. You can reach us here in the office @ 209-532-4295 M-F 8:30am - 4:30pm.

