

**\$50****Okinawa in the Ozarks****\$25****All 3 days****Summer Training Camp****Kids Camp****July 29-31<sup>st</sup> Lebanon, MO**

<b>FRIDAY, JULY 29</b>				
	<b>Cage Floor</b>	<b>Spring Loaded Floor/Lobby</b>	<b>Outdoors Matted Area</b>	<b>Outdoors</b>
5:00 pm		<b>REGISTRATION</b>		<b>Kids Camp</b>
6:00 pm	<b>Sensei Ahmad Judo</b>	<b>Sensei Coffin Suwari-waza</b> (kneeling techniques)	<b>Sensei Copp Standing Submissions</b>	<b>Sensei Sutton Self Defense For Children 6-6:40</b> <b>Kubotan And Nunchucks 6:50-7:20</b> (indoors on blue carpet)
7:30 pm	<b>Kyoshi Bethea Shorin Ryu Shorinkan</b>	<b>Sensei Lewis Ju-Jitsu</b>	<b>Sensei Ahmad Judo</b>	<b>SBN Zverina Self Defense for Children 7:30-8:10</b> <b>Nunchucks 8:20-9:00</b> (indoors on blue carpet)
9:00 pm		<b>DISMISSED</b>		
<b>SATURDAY, JULY 30</b>				
	<b>Cage Floor</b>	<b>Spring Loaded Floor</b>	<b>Outdoors Matted Area</b>	<b>Outdoors</b>
8:00 am	<b>REGISTRATION (Lobby)</b>	<b>Sensei Andersen WARM UP</b>		
9:00 am	<b>Sensei Davis Self Defense</b>	<b>Kyoshi Bethea Shorin Ryu Shorinkan</b>	<b>Sensei Lewis Ju-Jitsu</b>	
10:30 am	<b>Kyoshi Bethea Shorin Ryu Shorinkan</b>	<b>Sensei Ahmad Judo</b>	<b>Sensei Davis Self Defense</b>	
Noon	<b>Sensei Davis Self Defense</b>	<b>SBN Zverina Texas TKD Tournament Sparring</b>	<b>Sensei Coffin Aiki-jujitsu</b>	<b>Sensei Sutton Weapons Bo Staff Kumite</b>
1:00 pm		<b>LUNCH</b> (sandwiches for sale in Lobby)		
2:00 pm	<b>Sensei Davis Self Defense</b>	<b>Sensei Copp Pressure Points</b>	<b>SBN Zverina Dynamic Kicking</b> (indoors on blue carpet)	<b>Sensei Sutton Weapons Bo tae Bo Kumite</b>
3:00 pm	<b>Sensei Ahmad Judo</b>	<b>Kyoshi Bethea Shorin Ryu Shorinkan</b>	<b>Sensei Davis Self Defense</b>	
4:30 pm	<b>Sensei Davis Self Defense</b>	<b>Kyoshi Bethea Shorin Ryu Shorinkan</b>	<b>Sensei Coffin Aiki-jujitsu</b>	<b>Sensei Lewis Sword</b>
6:00 pm		<b>DISMISSED</b>		
6:30 pm	<b>Dinner at Great Wall Restaurant</b>			
8:00 pm	<b>Sensei Davis</b>	<b>Self Defense Certification</b>		

SUNDAY, JULY 31				
	Cage Floor	Spring Loaded Floor/Lobby	Outdoors Matted Area	Outdoors
Noon	Sensei Lewis <b>Sword</b>	Kyoshi Bethea <b>Shorin Ryu Shorinkan</b>	Sensei Copp	
1:30 pm	Sensei Coffin <b>Suwari-waza</b> (kneeling techniques)	Kyoshi Bethea <b>Shorin Ryu Shorinkan</b>	Sensei Sutton <b>Weapons</b> <b>Tanbo Defense</b>	
3:00 pm	Testing and Demonstrations			
4:00 pm	<b>DISMISSED</b>			

If you are interested in Self Defense Level I Certification under Sensei Roger Davis, you must attend all Self Defense sessions and pass a proficiency exam.

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# Okinawa in the Ozarks

## Summer Training Camp

Registration and Release

<p><b>Participant's Name:</b></p> <p>_____</p> <p><b>Participant's Address:</b></p> <p>_____</p> <p>_____</p>	<p><b>Participant's Phone Number:</b></p> <p>_____</p> <p><b>Participant's Email:</b></p> <p>_____</p>
<p>I, the undersigned release the Academy of Self Defense and Combative Arts, LLC, Angela and John Sutton, the United States JuJutsu Institute, Roger Davis, and all associated with the Okinawa in the Ozarks Summer Training camp in any capacity, from liability due to injuries, etc. that may occur as a result of my attendance and/or participation at this event. I also waive compensation whatsoever for the use of pictures, movies, media coverage, etc. utilized by those associated with this event for profit making motives at any time. I clearly understand that the sparring aspect of this event involves contact. I have read and understand the above. I am fully aware of my personal medical condition and certify that I am mentally and physically fit to participate.</p>	
<p><b>Participant:</b> _____ <b>Parent or Guardian:</b> _____  <span style="margin-left: 400px;">(if under 18 years of age)</span></p>	
<p><b>Date:</b> _____</p>	

Welcome, once again to bright and beautiful Lebanon, MO for the 2<sup>nd</sup> Annual Summer Training Camp – **Okinawa in the Ozarks**. I hope everyone had a wonderful experience at last year's camp and is ready to return for some summer fun and awesome training.

## Now for some basic information:

There are several nice hotels from which to choose. Last year, most members found the Holiday Inn to be the hotel of choice. Don't forget to bunk up in order to save on costs. Get with your friends and share a room.

**Holiday Inn Express & Suites Lebanon** (417) 532-1111  
1955 W Elm St, Lebanon, MO 65536

**Hampton Inn Lebanon** (417) 533-3100  
930 Ivey Ln, Lebanon, MO 65536

**Super 8 Lebanon** (417) 588-2574  
1831 W Elm St, Lebanon, MO 65536

Just like last year, we will be offering on site lunches for sale (Saturday only) at a minimum cost of only \$5 per lunch. Anyone wishing to join together Saturday evening for dinner may do so at Great Wall Chinese Restaurant at 6:30 pm. The average cost of the buffet style meal with beverage is less than \$10.

If you are traveling by air, please let us know well in advance so that we may arrange for pickup. The closest airport is Springfield/Branson National Airport which services:



You may access their site at <http://www.sgf-branson-airport.com/>.

## Cost:

The cost of the camp is a mere **\$50 per person** for all three days or **\$25 per child** for the kid's camp. As aptly stated by Sensei Coffin, at this price, and with this level of instruction, people ought to jump on that like a chicken on a June bug!

## Registration:

Registration forms and updated camp information will be available at:

<http://www.lebanonMOkarate.com/camps.htm>.

Please bring a completed registration form with you when you arrive. I ask that each dojo collect the forms for their students and simply turn in all forms at once along with one payment in mass. This will greatly reduce the registration process and allow more time for valuable training.