

Presented by Sunset Cliffs Aikido of San Diego

AIKIDO CAMP

October 1-3, 2010

Instructors: **Bernice Tom 6th Dan**
Benjamin Teeter 5th Dan



EVERYONE WELCOME: Aikido practitioners are welcome to come to train aikido - taijitsu and bukiwaza (weapons), and enjoy, relax, play. **Family and friends** can also come and enjoy the facilities. **Great for Children&Adults**

WHAT TO BRING: For Aikido: Do gi, bokken, jo
Sleeping: sleeping bag or bedding, pillow,
General: toiletries, towel, flashlight, closed toe shoes, layers (it gets chilly at night), sweat shirt or jacket, jeans or long pants, gloves. **Optional:** swim suit, sandals, hat, sunglasses, snacks, **BRING FOOD FOR SPECIAL DIETS.**
There is a camp store for minor things and snacks.

CONTACT: **Sunset Cliffs Aikido**
5019 Santa Monica Ave.
San Diego, CA 92107
619-222-5085
www.SunsetCliffsAikido.com



LOCATION: 15763 Lyons Valley Rd. in the beautiful oak groves of Indian Hills Camp located in the foothills of San Diego in Jamul, about 1 hour from Sunset Cliffs Aikido.

ACCOMMODATIONS: Teepees sleep 9. Bring bedding. Food service included.

OTHER ACTIVITIES: Include swimming, zip line, slides, giant jungle gym, paint ball, archery, camp fire, etc. For a full list of the activities at Indian Hills Camp visit their web site:

www.IndianHillsCamp.com

TIME: Please be on time for meals.
Friday -Camp begins at 3:30, Dinner at 6:00 pm
Saturday -Breakfast at 8:30 am, Lunch at 12:30 pm
Dinner at 5:30 pm
Sunday-Breakfast at 8:30 am. Camp closes at 12:00
Training and play time schedule to be announced.

Sunset Cliffs Aikido CAMP OCTOBER 1, 2, & 3, 2010 REGISTRATION

Please send checks payable to: **Sunset Cliffs Aikido, 5019 Santa Monica Avenue, San Diego, CA 92107**

****Pre-register September 15, 2010 [All 3 Days]** \$155 not training \$115

After 9/15/10 \$175 not training \$135 **TOTAL Amount**

Credit Card No: _____ Expiration Date _____ VAC back _____

Signature: _____
FOR CREDIT CARD

E-MAIL

NAME

HOME DOJO

ADDRESS

CONTACT TELEPHONE

CITY

STATE

ZIP

RANK

PLEASE READ THE FOLLOWING CAREFULLY. IT LIMITS OUR LIABILITY.

I, the undersigned guest of Sunset Cliffs Aikido Inc. (hereafter called "school") acknowledge that I am applying to participate in a martial arts seminar involving strenuous exercise and personal body contact.

As a condition to being admitted to the school as a guest, I assume the risk of all injury and do hereby hold the school, its employees and agents harmless from any and all liability (including attorney's fees and costs) for all claims, actions or damages due to injuries suffered by me or caused to third parties by me, arising out of activities involving Aikido, or any variation thereof, whether occurring on the premises of the school or elsewhere, excepting only those claims, actions or damages caused by intentional hostile act.

I agree to abide by the rules of the school and to follow explicitly all instruction given by instructors during the course of this seminar.

SIGNATURE (or Parent of child if child is under 18)

DATE