

**Special Guest Instructor:  
SHIHAN HASEGAWA**

Kazuyuki Hasegawa, Shihan 8th Dan.

Shihan Kazuyuki Hasegawa enrolled at the So-Honbu in Ikebukuro / Tokyo in 1967. He competed in the 1st All Japan Karate Open Tournament and took 3rd Place. Next year he became the Champion of the 2nd All Japan Karate Open Tournament. At that time he scored an ippon for performing a perfectly timed ashibarai followed by a gedan gyaku tsuki, Shihan Hasegawa's special technique. Shihan Hasegawa raised several of his students to obtain the same title. Sosai Masutatsu Oyama appointed him as Branch Chief of Tokushima Prefecture in 1971, and a couple years later Sosai also entrusted him Aichi Prefecture. In 1999 Shihan Hasegawa received the Shakai-Bunka-Korosho (Cultural Award of the Community) from the Bunka-Shinkokai (Association of Cultural Development), this was the first time this award was given to a member of the Karate Kai.

We are very honoured to have Shihan travel from Japan to be apart of this camp and pass his years of knowledge and teachings to us all. This will be great opportunity and experience for all.



**Instructors**

For the first time in Australia some of the most renowned instructors have come together to run one of the most successful training camps led by Shihan Hasegawa.

**SHIHAN EDDIE EMIN 8th Dan**

The pioneer of Kyokushin Karate, Shihan is responsible for bringing Kyokushin into Australia in the 60's, Shihan Eddie has been an inspiration to all other instructors.

**SHIHAN GEORGE KOLOVOS 6th Dan**

One of the most successful instructors in Australia, having constantly produced some of the best fighters and instructors around, Shihan George is a major promoter of Karate and Muaythai events.

**SHIHAN BILL POLY 5th Dan**

The former Australian Champion and producer of a number of Australian Champions, Shihan has over 35 years of training experience. Shihan represented Australia in the World tournament and was an active International competitor. Shihan Bill now successfully runs Dojo's in Melbourne and country Victoria.

**SHIHAN RITCHIE SAUNDERS 5th Dan**

One of the most decorated fighters in the 70's and 80's, Shihan dominated the middle weight division for a number of years. Shihan Ritchie was the trainer of Sam Greco, a true Kyokushin Champion and now currently runs dojo's in Geelong.

**SENSEI BOB HOLLAND 4th Dan**

With over 30 years of experience, Sensei Bob was a very active competitor in his time. Sensei has produced some of the best fighters in the AKKA and currently runs a full time dojo in the Arena of Geelong.

**SENSEI PETER HIM 3rd Dan**

Sensei has been training for over 25 years and the most senior instructor at Melbourne Kyokushin Karate. He was elected as the head referee for the WKO championships with his broad understanding of tournament rules and regulations.

**SENSEI WAYNE MURPHY 3rd Dan**

Sensei runs a number of successful dojos right throughout Geelong and the surrounding areas. Sensei has been a dedicated instructor of Kyokushin with over 25 years of training. Sensei continues to promote the growth Kyokushin in Australia.

**KYOKUSHIN UNION  
&  
INDEPENDENT KYOKUSHIN  
GEELONG  
PRESENTS**

**Beach training  
summer camp  
2011**



**SPECIAL GUEST APPEARANCE  
SHIHAN HASEGAWA**

## Purpose of training camps.

The Summer training camp 2011, ideally, training gashuku (camps) should serve two purposes :-

Provide a concentrated environment of group training without distraction that allows maximal learning in every respect - physical, mental, spiritual, technical.

Provide knowledge - in the form of new techniques, new training ideas and new approaches .

Throughout the weekend a special bond will form, "a team spirit", that will be remembered long after the camp is over.

For the first time in Australia, 7 of the most successful Kyokushin Instructors will come together and host one of the most remarkable camps to date. This opportunity is a rare occasion so be sure you don't miss out.

## Training schedule

	Karate	K/Box	BJJ
<b>FRI</b>	Adv Kata		
<b>SAT</b>			
<b>6.20am</b>	Roll Call	Roll Call	Roll Call
<b>6.30-8</b>	Basics	Basics	Submission
<b>8.30am</b>	<b>B/Fast</b>	<b>B/Fast</b>	<b>B/Fast</b>
<b>10-12pm</b>	Fighting	Fighting	BJJ
<b>12.30-1.30</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>1.30-3pm</b>	Referee Sem	Referee Sem	
<b>3-5pm</b>	BJJ	BJJ	BJJ
<b>6.30pm</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
<b>8.30pm</b>	Sayonara Party	Sayonara Party	
<b>10pm</b>	Bo & Kata		
<b>SUN</b>			
<b>6.20am</b>	Roll Call	Roll Call	Roll Call
<b>6.30-8</b>	Basics Kata	Kick Tech	BJJ
<b>8.30am</b>	<b>B/fast</b>	<b>B/fast</b>	<b>B/fast</b>
<b>10-12pm</b>	Fighting	MuayThai	BJJ
<b>12.30pm</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>1.30pm</b>	Clean up	Clean up	Clean up
<b>2pm</b>	Depart	Depart	Depart

## What to bring?

- Pillow and pillow case
- Sleeping wear
- Sheets or sleeping bag
- Toiletries
- Karate Gi (2 if possible), Titans uniform or BJJ GI
- DON'T FORGET YOUR BELT!
- Training equipment (BO, shin pads, gloves, wraps, mouth guard etc.)
- Track suits, T-shirt and jumpers.
- Runners
- Swimming gear
- Towels (more then one as the may be beach training, depending on the weather.

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