

# Art of Defence Newsletter

## HURRY, BOOK NOW FOR MAY

### KARATE CAMP

- Friday night to Sunday afternoon, bus pick up available
- Juniors & Seniors (parents feel confident leaving your kids for the weekend)
- 30 hours of training credited to your log book

Yes, we are having a special Karate Camp well suited to all students from beginners to Black Belts!! Everyone will learn and have a great time.

The accommodation is modern and comfortable, all meals are prepared and cooked for us, and Shihan David conducts all sessions. A great time will be had by all. Come and have some fun with us!!

This year, we are more than pleased to have the young Karateka come, without having to be accompanied by their parents. Yes, we will look after everyone. Indeed, we are considering a bus pick up and drop off from and to the Keilor, Ascot Vale and Bacchus Marsh Dojos. We need your feedback on that point. (There will be a nominal fee to cover the hiring of the vehicle).

#### Details:

**When:** Friday 22 May till Sunday 24 May 2009

**Where:** Lady Northcote Camp, Glenmore Rd, Rowsley (About 15 mins from Bacchus Marsh)

**Time:** 8pm Friday till 1.30pm Sunday

**Cost:** \$175 for Juniors, \$195 for Seniors; inclusive of accommodation, meals and training

**Bring:** Comfortable shoes, hat, karate gi, obi and protective gear, pjs, toiletries, towel, pillow, sleeping bag, change of clothes and a smile

**RSVP:** 15th March, 2009.

Call Amelia on 0407 320 333 or email [artofdefence@yahoo.com](mailto:artofdefence@yahoo.com)

Deposit of \$50 is required to confirm your placement. Numbers strictly limited

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## SPECIAL KARATE TRAINING DVD'S NOW AVAILABLE !!



For the first time Shihan David Zarb (5<sup>th</sup> Dan Goju Ryu) has produced 3 collector item DVD's covering everything required to Black Belt

- All techniques are performed in real time and explained in a tutorial format
- Easy to follow, refine your technique at home!
- DVD's includes all Kata, Bunkai and other techniques

### DVD 1: 10<sup>th</sup> Kyu to 6<sup>th</sup> Kyu (White Belt to Green Belt)

All strikes, kicks, blocks, Kihon, Tenshin Ho, Kata Gekisai Dai, Gekisai Sho, Sanchin and Bunkai (54 minutes) **Only \$39.95**

### DVD 2: 5<sup>th</sup> Kyu to 3<sup>rd</sup> Kyu (Green Belt to Brown Belt)

Kata Tensho, Saifa Nifanchi Shodan, Te Sebaki, Basic Sparring Method 1&2 and Bunkai (44 minutes) **Only \$59.95**

### DVD 3: 2<sup>nd</sup> Kyu to Shodan Ho (Brown Belt to Black Belt)

Kata Sanseru, Kata Seinchin, Ken Sebaki, Keri Sebaki, Ashi Sebaki, San-Kako Tenshin, Basic Sparring Method 3&4 and Bunkai (32 minutes) **Only \$79.95**

**Special price: Buy all 3 for \$149.95**  
**(SAVE \$29.90!!)** Call Amelia now on 0416 200 311

# Art of Defence Newsletter

## Public Holidays

There are some public holidays fast approaching.  
Please note that there is NO TRAINING at all on these following dates:

SAT MARCH 7  
MON MARCH 9  
SAT APRIL 25  
SAT JUNE 6  
SAT JUNE 8

As we will all be attending the Camp in May,  
there will also be NO TRAINING on these dates:-

FRI MAY 22  
SAT MAY 23

## Advanced Training

A friendly reminder that the next session for 1st kyu and above is Sat March 14th at Hombu Dojo, (12 Malcolm Street, Bacchus Marsh). Seniors 1.30pm and Juniors 3.00pm. Come and learn special advanced Karate with Shihan David.

## Weaponry

Come and try short stick, sword and long pole Weaponry on Saturday morning at 10am at either Keilor or Bacchus Marsh Dojos. First 2 sessions at no charge. All very welcome to come and try. Please speak to Amelia or David at any time with any query.