

# PHOENIX

# KARATE

Camp Phoenix, founded in 1983, is the premier event and summer gashuku of The Phoenix Karatedo Association Kyokushinkaikan. The camp is designed for all karateka to come together and train in the spirit of OSU. Held on the beautiful campus of Mount St. Mary's University in Emmitsburg, Maryland, **Camp Phoenix** is designed to help students and instructors alike improve their karate skills and knowledge about martial arts.

The Camp is totally self-contained and all activities are held on the campus and surrounding area. Lodging and meals are offered in University facilities.

## *Suggested Items to Bring to Camp Phoenix:*

- ◆ Towels, soap and personal items
  - ◆ Alarm clock
  - ◆ Two dogi/obi
  - ◆ Tennis shoes
  - ◆ Work-out clothes
  - ◆ Banquet dress
  - ◆ Suntan lotion, hat
  - ◆ Pillow/sheets
    - ◆ Swim suit
    - ◆ Water bottle

## **Camp Tuition Includes**

*lodging, meals,  
banquet and all instruction*

*See your instructor  
for registration and a detailed agenda*

## **The curriculum includes instruction in:**

**Kumite**

**Kata**

**Kihon**

**Grappling**

**Self Defense**

*Elements on Philosophy and etiquette  
are also taught. Everyone is invited to attend  
regardless of rank.*

*Instruction is world class, professional and  
thorough. Instructors are certified, high ranking  
Yudansha, most with extensive international  
experience. All are knowledgeable, friendly and  
helpful.*