

Chokushin Aiki Ju Jutsu Boot Camp

www.Aiki-Ju-Jutsu.com



Location:

Cabin outside of Kinmount, Ontario [See web for Map]

Starting

At approx 9:30 Saturday morning. People are welcome to arrive Friday night if they would like to be setup and ready to go Saturday morning. Those staying over Friday have the option to attend Saturday morning breakfast at a nearby diner.

Cost:

Participants \$65 (one day, \$45)

Non-participants \$45 (friends, partners, watching, sunbathing), (one day 35)

This includes food for Saturday [lunch & dinner] and Sunday [breakfast & lunch], use of cabin/property, all training, and Saturday bonfire social. Bring some \$\$ for Saturday morning breakfast at a nearby diner.

Items to bring:

- ✓ Mess kit (include plate, bowl, mug/cup/water bottle, utensils)
- ✓ tent (if you have one) some room may be available in the cabin [book ahead]
- ✓ sleeping bag
- ✓ thermal mat
- ✓ flashlight
- ✓ loose fitting training clothes (gi pants and t-shirt are common)
- ✓ weapons (i.e. wooden knife, jo, bokken, sai)
- ✓ hat, suntan lotion
- ✓ rainwear
- ✓ bathing suit & towel (there's a nearby lake),
- ✓ warmer clothes for the evening
- ✓ lawn-chair or blankets for the camp fire
- ✓ deck of cards or musical instruments if you have them
- ✓ personal kit (there's an outhouse, no running water)
- ✓ bug repellent
- ✓ byob for Sat nite around the campfire (if you're so inclined) moderation please
- ✓ Water
- ✓

Please confirm your attendance to your instructor or by email to

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