

BACK BY POPULAR DEMAND AND 'OPEN TO ALL'

SPECIAL SHOTOKAN RESIDENTIAL TRAINING COURSE

FRI/SAT/SUN 14/15/16th August 2009
HAMBRIDGE - SOMERSET

COURSE INSTRUCTORS:

DAVE HOOPER 4TH DAN
ELWYN HALL 5TH DAN
STEVE HYLAND 6TH DAN
GED MORAN 7TH DAN

PLEASE NOTE: THIS IS NO ORDINARY RESIDENTIAL COURSE -
THIS COURSE PROVIDES A TOTAL IMMERSION INTO KARATE STUDY
FOR ALL PARTICIPANTS. WITH INPUT FROM VASTLY EXPERIENCED INSTRUCTORS!

FOR 3 DAYS EVERYONE, STUDENTS AND INSTRUCTORS, WILL 'LIVE, EAT,
TRAIN AND SOCIALISE IN THE DOJO AND SURROUNDING AREA.
THE TRAINING IS INTENSIVE BUT DEEPLY INFORMATIVE.

THE WHOLE EXPERIENCE IS DESIGNED TO MAXIMISE THE ABSORPTION
OF INFORMATION AND GAINING OF NEW SKILLS.

VERY IMPORTANTLY IN TODAY'S ECONOMIC CLIMATE -
THE COURSE IS DESIGNED TO PROVIDE MAXIMUM VALUE FOR MONEY.
THE COURSE FEE INCLUDES: FOOD, ACCOMMODATION
IN THE DOJO AND ALL TRAINING FEES!

COURSE FEE: £85

FOR FULL DETAILS AND BOOKING FORMS PLEASE E-MAIL:

HYLANDHILL@AOL.COM

GENERAL INFORMATION

Back by popular demand this course follows a format established twenty years ago. The aim is to give course participants an opportunity to 'immerse' themselves in a total karate experience for three days.

Course Instructors are especially chosen, not only for their vast experience and teaching skills - but also for their approachability and desire to participate fully in the whole weekend

Be warned - the course is very intensive and designed to maximise the opportunity for participants to accelerate the attainment of new knowledge and skills in a friendly and facilitating environment.

Particularly important is the fact that Students and Instructors live, eat, train and socialise together for 3 days - thus allowing everyone to gain from the shared experience.

The venue is purposely in a beautiful and quiet rural area to ensure that students can focus on the whole experience without the distractions of a busy town or holiday camp - and thus gain from the improved focus provided.

In essence - the Dojo will be your home throughout the course, thus helping to instil a sense of 'karate community' for the duration of the course.

However, you will have fun and be able to relax and enjoy the 'meet and get to know each other' visit to the Village Pub (Friday Evening) and the 'Course Party and Barbeque' (Saturday Evening).

All participants will be provided with a Course Diary which will allow you to complete notes on all aspects of classes attended. Instructors will be available to answer any questions you have throughout the weekend.

Course participants who attend every class will receive a special signed certificate to add to their Karate CV.

THE COURSE SCHEDULE

FRIDAY:

Arrival and sign in - 10.00 a.m. onwards.

Light Lunch provided - 11.30 a.m.

Group meeting - Course rules
and expectations explained - 12 noon.

General Class - 1.00 p.m. - 3.00 p.m.

Split Class* 4.00 p.m. - 6.00 p.m.

7.00 p.m. Dinner.

8.00 p.m. Visit to Village Pub

Bed time (Up to you but you have
busy day tomorrow!)

SATURDAY:

Breakfast - 8.00 p.m.

General Class - 9.30 a.m. - 10.30 a.m.

Split Class - 11.00 a.m. - 12.30 p.m.

Light Lunch - 1.00 p.m.

General Class - 2.30 p.m. - 3.30 p.m.

Split Class - 4.00 p.m. - 5.30 p.m.

Party and Barbeque - 7.30 p.m.

Bed time (Up to you but you have
another busy day tomorrow!)

SUNDAY:

Breakfast - 8.00 a.m.

General class - 9.30 a.m. - 10.30 a.m.

Split Class - 11.00 a.m. - 12.30 p.m.

Light Lunch - 1.00 p.m.

Split Class - 2.00 p.m. - 3.30 p.m.

3.30 p.m. Final General Meeting and Course finish.

*Classes will be split by rank and experience to ensure
participants gain the maximum input from each Instructor.

THE VENUE

Your Home and Dojo for the duration of the Course will be Hambridge Community Hall. Situated on the edge of the West Moor (part of the Somerset Levels and Moors) this remote but beautiful small Village provides a proven location to absorb yourself in this special Karate event - free from distraction.

All participants will live, eat and train in the Hall (and a couple of surprise locations!) for the duration of the course. Males will sleep in the Main Hall. A separate room is provided for females. Participants will need to provide their own Camp Bed and sleeping bag.

The Hall has toilets, Kitchen and Shower facilities. 3 Dojo will be utilised.

There is ample parking space - a play area and substantial adjacent grounds.

Food is provided as per the Course Schedule and special diets (Vegetarian for example) can be catered for.

Meals will be served in the Main Hall. Hot and Cold Drinks shall be continually available in the Kitchen.

The nearby Town of Langport provides full facilities - including a supermarket, Garage etc.

Full directions to the venue and all course details (including a menu for you to pre-order meals) will be dispatched to you on booking your place on the Course.

Course participants of all ages and Karate Rank are welcome but children 15 yrs old and younger MUST be accompanied by a nominated 'responsible adult'.

Should any course participants decide to travel to the course by train - transportation from the Railway Station to the Venue can be pre-arranged for a reasonable fee.

Motorcycles are welcome.

The Course 'Code of conduct' must be adhered to by all participants (Copy available on request)

COURSE INSTRUCTORS

DAVE HOOPER:

Dave will require little introduction to Shotokan Karateka. As a long-term resident in Japan, Dave has experienced several decades of training at famous JKA Dojo including Takashoku University and the JKA H.Q. As a personal student of Osaka Sensei, Dave has become internationally renowned for his detailed understanding of Karate fundamentals and his ability to teach them in an informative and understandable way. A very popular Instructor - Dave has graciously agreed to travel from Japan to once again participate in this special course.

ELWYN HALL:

This world famous Shotokan Karateka is known as one of the most dynamic and unpredictable fighters to ever hit the National and International Tournament circuit. We are delighted that Elwyn is joining the Instructors team this year and are sure that participants will enjoy him display, within his instruction, the same zest, skill, knowledge and enthusiasm that he brought to the Shia-jo. In addition to his outstanding competition achievements - Elwyn has gained a reputation (both in the UK and abroad) as a friendly, informative and deeply skilled Instructor .

STEVE HYLAND:

As Course Leader, Steve brings with him over 35 years of experience as a Professional Karate Instructor . Known for his in-depth knowledge of 'Applied Karate' (due to several decades of involvement in 'Door' work and Violence Management Consultancy) Steve is able to demonstrate how to make Shotokan Karate 'work'. A very popular Instructor and former writer for magazines such as 'SKM', 'Traditional Karate' and 'Combat' - Steve has gained a reputation as one of the best and most knowledgeable Instructors in the UK.

GED MORAN:

Ged brings with him decades of experience at the core of UK Shotokan Karate. His company: LEGEND PRODUCTIONS is world famous for the quality and content of its Shotokan Karate DVD's and Videos. This highly experienced and popular Instructor is known for his 'no nonsense' approach to strong traditional Shotokan Karate. His decades of study and experience being evident and demonstrating why he is currently Technical Secretary of ISKS . Ged's personal skill and direct experience of filming decades of world wide Top Level Shotokan Competition bring a unique depth of knowledge to the course.

SPECIAL SHOTOKAN TRAINING WEEKEND

14TH - 16TH AUG 09

BOOKING FORM

NAME: _____

AGE: _____ RANK: _____ GENDER: _____

ADDRESS: _____

POST CODE: _____

E-MAIL: _____

TELEPHONE: _____

Please complete the information requested above and return to:
C. HYLAND. COURSE ADMIN. PROSPECT HOUSE, ALLER RD,
Nr LANGPORT, SOMERSET. TAIO 0QL.

Please include full payment of course fee (£85.00p)

Cheque made payable to C Hyland.

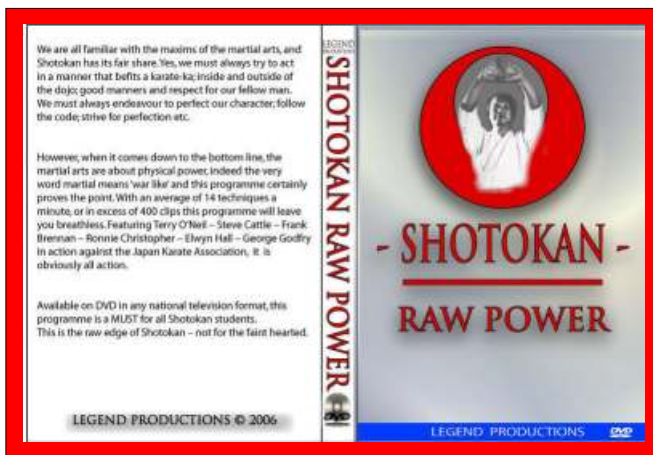
Should you require any further information or assistance please
e-mail: hylandhill@aol.com and we will be pleased to assist you.

LEGEND PRODUCTIONS

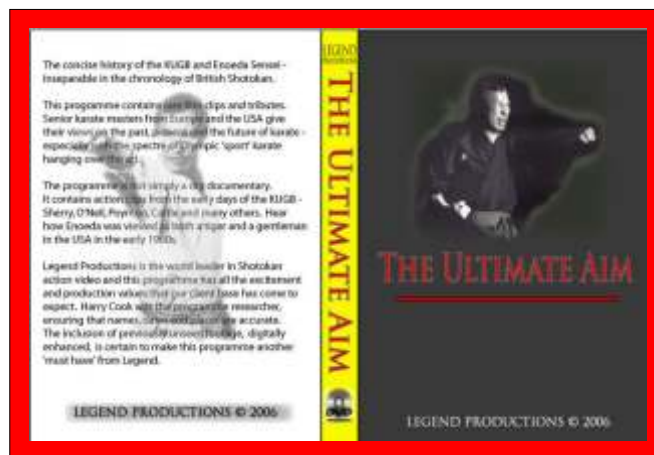
FEW WOULD DISAGREE THAT KARATE HAS CHANGED OVER THE YEARS - HOWEVER - many want to know how it has changed - or they want to have the chance to revisit old memories of 'How it was!' Well here is your chance - visit

www.Legendtv.co.uk

and gain access to a HUGE archive of AWESOME KARATE HISTORY!



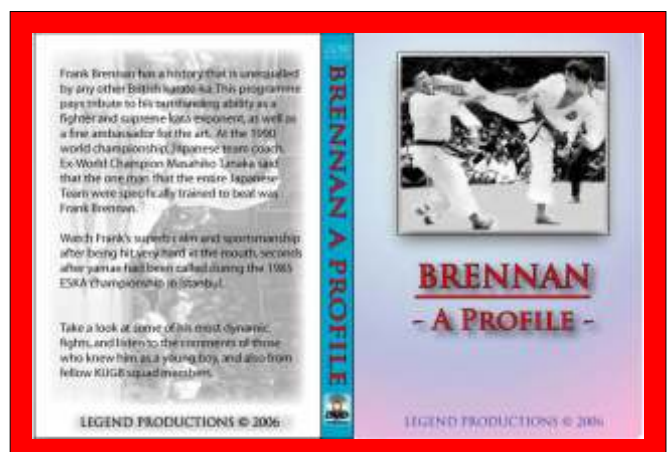
'AWESOME - ABSOLUTELY AWESOME!'



'WOWWWW!!!'

'IPPON!'

'KARATE AT ITS VERY BEST!'



THE TITLES ABOVE ARE ONLY A SMALL SAMPLE OF THE HUGE LEGEND ARCHIVE. VISIT OUR WEBSITE FOR FULL DETAILS.