



The Fudoshin YamaGawa Dojo is proud to present  
The 10th Annual

# Kan Geiko Gasshuku

Winter Training Camp

You are invited to join the tradition of Cold Winter Training and build your fighting spirit in the Ways of the Warrior.

Each year students come away feeling sore and tired, but with a sense of strength that this type of training provides.

Join the Fudoshin school and other invited Martial Arts schools in this years camp - no one has ever regretted it!

**Where:** Gilwell Park Scout Camp  
555 Gembrook Launching Place Rd  
Gembrook, Victoria. Australia

**When:** 10th, 11th & 12th August

**Price:** \$165.00 All inclusive  
Day trip (Sat only) is \$55 flat fee & includes from 9am - 6pm on the Saturday.

**Deposit:** \$50 (non refundable) by the 30th June

**Format:** Bunk-style accommodation, shared amenities, all meals provided and multiple training areas (both indoor and outdoor) including over 20 classes.

**Invitation:** Open to all adult students (16+) of all clubs and styles.



## Training will include:

- Striking techniques
- Throwing techniques
- Grappling techniques
- Disengagements
- Pressure-points
- Defences against weapons
- Weapons training (including the sword)
- Team building
- Fitness training
- Self-Defence
- Meditation
- Breathing and Do-In techniques
- Philosophy and discussions
- Battlefield exercises
- Defences from the ground
- And many more...

For more information or a registration form, call or email Darren Ball on

**9539 3836**

or

**dojo@fudoshinmartialarts.net**

Registration for this camp is not to be taken lightly as the training often results in students being very sore and drained of energy. It demands physical, mental and spiritual sacrifice, dedication and open-mindedness.

This training is required to achieve the warrior spirit that is at the centre of training in the Fudoshin Ryu.

If you are from another style, we welcome you to our perspective of Martial Arts training and hope that you have a positive experience with us.

Throughout the camp, remember these Fudoshin maxims: "If you are seeking sympathy, it's not here." and "Pain. Don't worry, it can't hurt you."



Sensei Darren Ball  
Fudoshin Ryu Bugei  
YamaGawa Dojo  
PO Box 1052  
Belvedere LPO  
Seaford, 3198  
VICTORIA

*Dear Attendee,*

*I am excited about the Winter Camp this year, and I hope you are too. The camp has been an 10-year tradition with training being very hard but worthwhile. In the past, the Fudoshin Winter Camp has allowed students to 'live' the Fudoshin Martial Arts philosophy for the entire weekend and become stronger through hard and spirited training. It is also a fantastic way to bond and get to know our fellow Martial Artists. Many friendships and good times are forged at these camps every year.*

*This year looks to be a little colder than last year, which is good as far as the training is concerned, but don't worry; there will be lots of hot tea, coffee, chocolate and soup to keep us warm in-between training sessions.*

*The site can be easily found in street directories and popular map services online. The address is:*

**Gilwell Park Scoup Camp  
2555 Gembrook Launching Place Rd  
Gembrook, Victoria. Australia**

*Attached you will find a list of essential items as well as some recommended ones so that you can get the full experience of the camp. The food for the camp has been selected with health and nutrition in mind, things which yield high energy so we have plenty of it for training. If there are specific dietary requirements, you must let me know by July 31st without exception so appropriate accommodations can be made with catering.*

*Please take some time to read the attachments, and let me know if there is anything else that I can help you with.*

Darren Ball  
Fudoshin Ryu  
Yamagawa Dojo

Mobile: 0404 317 149

Office: 9539 3836

E-mail: [dojo@fudoshinmartialarts.net](mailto:dojo@fudoshinmartialarts.net)

ALL correspondence is to be sent to

**[dojo@fudoshinmartialarts.net](mailto:dojo@fudoshinmartialarts.net)**



# Fudoshin Ryu

# Kan Geiko Gasshuku

(Cold-training Camp)



## Important information

*It is very important that all relevant forms are filled out. This includes a permission signature from your instructor.*

### What To Bring

Each year the weather at the camp keeps us on our toes, so here is an essentials list:

- 3 changes of clothes (including a top and pants that can be disposable if needed)
- Your training uniform (please bring more than one if you have it)
- A jacket or warm outer garment
- Extra pairs of socks (as they may get wet)
- Sleeping bag or blanket (pillows and sheets are provided)
- Weapons: see itinerary for list of weapons. (bladed and controlled weapons permitted ONLY for those who have a license as per Victorian law. Weapons Permit must be present at the camp.)
- Toiletries

Other things you might want to consider bringing:

- Thermal underwear/clothes to be worn underneath the training uniform
- Raincoat
- Medication if needed (see below note)

Personal items/food are solely the responsibility of the owner.

### Medication

Those who require medication (whether it be regular administration or in cases of emergency) must have the appropriate medication and information required to administer it on hand at all times. Sensei Darren is to be informed of all such cases personally.

### Mobile Phones

The camp enjoys half-to-decent mobile phone coverage 99% of the time.

### Use of Titles

Anyone who has a Martial Arts title (i.e. Soke, Sensei, Sempai, Dai Sempai etc.) should make Sensei Darren aware of it on their application form. Strict Martial Arts protocol is to be observed throughout the entire camp which includes the correct use of titles. Those with titles will be introduced at the beginning of the camp.

### Alcohol

Whereas the consumption of alcohol on the camp is not forbidden, a 'restriction of consumption' has been placed at post-10pm. Only those over 18 may drink on the camp (as per Victorian Law) and must do so in a responsible manner with no disturbance to the rest of the camp. Please exercise moderation as you will certainly struggle the following mornings with training should you drink too much.



# Fudoshin Ryu

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(Cold-training Camp)



## Registration Form

Name \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ Postcode \_\_\_\_\_

Contact number 1) \_\_\_\_\_ 2) \_\_\_\_\_

In case of emergency, contact name \_\_\_\_\_

Number: 1) \_\_\_\_\_ 2) \_\_\_\_\_

E-mail address \_\_\_\_\_

Martial Arts style \_\_\_\_\_

Rank \_\_\_\_\_ Experience \_\_\_\_\_ years/months

Instructor \_\_\_\_\_ Contact \_\_\_\_\_

Physical/Mental restrictions \_\_\_\_\_

Medication (if any) \_\_\_\_\_

### Please read carefully

I, the undersigned, in consideration of, and as a condition of my attendance on the FUDOSHIN RYU BUJUTSU KAN GEIKO GASSHUKU (Fudoshin School of Martial Arts Winter Training Camp) for myself, hereby waive all and any claims, fight or cause or action, which I, or they, might otherwise arise out of any loss of life or injury, damage, or loss of any description whatsoever which I may suffer or sustain in the course of, or consequence upon, my attendance on the said camp.

This waiver, release and discharge shall be and operates separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting this training camp.

I do hereby declare that I have submitted in writing any and all relevant health and, or medical information to the camp administration as well as a copy of relevant emergency and contact information.

Signed \_\_\_\_\_ Parent or Guardian (if under 18) \_\_\_\_\_

Signed (Martial Arts instructor) \_\_\_\_\_

Please e-mail or post a clear copy of this form to the camp administrator.

**ATTN: Sensei Darren Ball**  
**Fudoshin Winter Camp - 2010**  
**PO Box 1052 Belvedere LPO**  
**Seaford, 3198 VIC**  
**dojo@fudoshinmartialarts.net**

## Proposed Schedule for the 2012 Winter Camp

### Friday 10th August

- 14:00 - 16:00 Arrive and set up with volunteers  
16:00 - 16:30 Get main tatami and area ready for bow in  
16:30 - 18:30 Students arrive - socialising, bunk allocation, exploring the camp and minor training (personal)  
18:30 - 19:00 Official bow in and orientation - welcoming address and introduction  
19:00 - 20:30 First class (Sensei Darren) - Breakfalls, Goshin Waza (Jujutsu)  
20:30 - 21:30 Light supper and/or snacks  
21:30 - 22:30 Zanshin (awareness) training on the oval.

### Saturday 11th

- 02:00 - 03:00 Class (Sensei Darren) - Do-In and Energy Class (Kiai)  
05:00 - 05:30 Wake up, dressed (shower), report to Dojo  
05:30 - 06:30 Class (Sensei Darren) - Karate Kata and Korean Charges  
06:30 - 07:00 Break, (shower), and coffee/tea  
07:00 - 08:00 Class (Sensei Darren) - Atemi Waza, Ippon Kumite and Shiai (Karate)  
08:00 - 09:00 Breakfast  
09:00 - 10:00 Class (Sensei Darren) - Katame Waza and Shiai (Judo and Jujutsu)  
10:00 - 10:15 Break - rest, drink and prepare  
10:15 - 11:15 Class (Sensei Darren) - Martial Fitness and Kickboxing  
11:15 - 11:30 Break - rest, drink and prepare  
11:30 - 12:30 Class (Sensei Darren) - Nage Waza and Shiai (Judo and Aikido)  
12:30 - 13:00 Lunch  
13:30 - 14:30 Class (Sensei Richard) - Battlefield simulation game/training - teams vs. teams.  
14:30 - 14:45 Break - rest, drink and prepare  
14:45 - 15:45 Weapons - (Sensei Darren, Daniel and Richard).  
Jo, Bo, Tonfa, Nunchaku, Yawarra Bo, Sai, Nihon Tanjo (twin sticks) and Kama.  
15:45 - 16:00 Break - rest, drink and prepare  
16:00 - 17:00 Weapons - blades of the Samurai (two groups)  
Naginata (spear/glaive), Katana (sword) and Tanto (knife)  
17:00 - 17:15 Break - rest, drink and prepare  
17:15 - 18:15 Class (Sensei Darren) - Disengagements  
18:15 - 19:30 Dinner  
19:30 - 20:30 Class (Sensei Darren and Daniel) - Team Building, Problem Solving and Games  
20:30 - 21:30 Class (Sensei Darren) - Fudoshin Stretching Kata and Shiatsu routine  
21:30 - 22:00 Discussion - philosophy, history and culture of the martial arts throughout history.

### Sunday 12th August

- 02:30 - 04:00 Wake up and Do-In class  
07:00 - 07:30 Wake up, dressed (shower), report to Dojo.  
07:30 - 08:30 Class (Sensei Darren) - Goshin Waza (Judo, Jujutsu, Karate and Aikido principles)  
08:30 - 09:30 Breakfast + clean and pack up rooms.  
09:30 - 10:30 Class (Sensei Darren) - Unknown  
10:30 - 12:30 Class - Shiai (various), then stretching and meditation.  
12:30 - 12:45 Break - rest, drink and prepare  
12:45 - 13:30 Gradings/reflection journal/makimono.  
13:30 - 14:15 Lunch  
14:15 - 15:30 Ending session, discussion, Martial Arts philosophy, meditation and bow out.