

**JAPAN KARATE ASSOCIATION
SHOTOKAN KARATE-DO INTERNATIONAL**



**2009 FALL TRAINING CAMP
AT JKA OF ALBANY
SAT & SUN – SEPTEMBER 12th & 13th**

CAMP INSTRUCTOR

MASTER MASATAKA MORI – 8TH Dan

CHIEF INSTRUCTOR: Shotokan Karate-Do International

Assisting Sensei Mori

Sensei Shu Takahashi	7th Dan	JKA of Brooklyn
Sensei Douglas Luft	6th Dan	JKA of Albany
Sensei Isami Shiroma	6th Dan	JKA of New York
Sensei Robert Jacobs	6th Dan	JKA of UConn
Sensei Eiji Toriu	6th Dan	JKA Boston
Sensei Mattie Thomas	6th Dan	Karate Spirit, Coventry CT

2009
JKA Shotokan Karate-Do International
Fall Training Camp
Albany, N.Y.
September 12th -13th

This year's Fall Training Camp will be held on the weekend of Saturday September 12th and Sunday September 13th. JKA of Albany is pleased to host this year's camp at the Albany YMCA. As in the past, Sensei Mori will be instructing the weekend's classes. Below is a tentative training and meal schedule.

Saturday September 12th Registration 1:15 PM – 1:45 PM
 Practice 2:00 PM – 4:00 PM

****Dinner/ party afterward/ 6:00 pm ****

Sunday September 13th Coffee/Registration 8:15 AM- 8:45 AM
 Practice 9:00AM-11:00AM

**All practices will be held at the Albany YMCA gymnasium
 274 Washington Avenue, Albany NY 12205**

Participation fees will be on a sliding scale as follows:

<u>or Under 18</u>	<u><i>Black Belts</i></u>	<u><i>Brown Belts</i></u>	<u><i>Green Belts</i></u>	<u><i>White Belts</i></u>
Entire Camp	\$70	\$60	\$50	\$40
Per class	\$40	\$35	\$30	

Please send or email Sensei Luft, 127 Mt. Hope Dr., Albany, NY 12202, call (518) 445-0830, email at jkaaluft@hotmail.com with a list of people who will be attending by September 4th. A \$5 late charge will be added for anyone registering past that date. If you have any questions or concerns, please feel free to call us.

Fall Training Camp
Registration Form

Registering Club Name

Registration Due By:
September _____, 2009_

Return To: JKA of Albany
c/o Douglas G. Luft
127 Mt. Hope Drive
Albany, NY 12202

Club Name: _____

Club Address: _____

Phone: _____

Comments: _____

Member Name	Rank	Rel. Form	Accomodations	Deposit Rec'd	Balance Rec'd

Totals
Grand Total

Release of Liability

I understand that my participation in the JKA Fall Training Camp in Albany, New York, on September 12 & 13, 2009 is at my own risk, and I agree not to hold the Japan Karate Association of Albany, Inc., or the JKA Shotokan Karate-Do International, or the Albany YMCA or its members or employees responsible or liable for any loss, injury, or accident resulting from my participation.

Read and Understood:

Date: _____

Participant Signature: _____

Parent/Guardian Signature: _____

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Read and Understood:

Date: _____

Participant Signature: _____

Parent/Guardian Signature: _____

Accommodations 2009

Comfort Inn

37 Route 9 W
Glenmont, New York 12077
(518) 465-8811
Fax: (518) 465-5732

Rate: \$89.00 Single, Double, Triple or Quad

Continental Breakfast

10 Rooms reserved, please identify "**JKA of Albany**".

Directions:

From NYS Thruway (**87**) Exit 23, take a RIGHT Rt. 9W. Comfort Inn is a ¼ mile down on the RIGHT.

**Please Note: RESERVATIONS MUST BE MADE BY
August 29th**

Regency Inn

416 Southern Blvd., Rt.9 W
Albany, New York 12209
(518) 462-6555

Rate: \$75.00 Double Beds
Complimentary Deluxe Continental Breakfast

20 Rooms reserved, please identify "**JKA of Albany**".

Directions:

From NYS Thruway (**87**) Exit 23, take a RIGHT Rt. 9W. Regency Inn is a short distance on the LEFT.

**Please Note: RESERVATIONS MUST BE MADE BY
September 4th**

Travel Directions JKA Albany Dojo

From NYC North On NYS thruway (I-87) to exit 23. See exit 23 directions

From Utica and Points West: East on NYS (I-90) to exit 23. See exit 23 directions

From Binghamton: East on (I-88) to NYS Thruway. East on (I-90) to Exit 23. See Exit 23 directions.

Local Directions from Exit 23:



Merge onto I-787 N via EXIT 23 toward DOWNTOWN ALBANY/RENSSELAER/TROY. 1.7 mi



Take the US-9 S/US-20 E exit, EXIT 3, toward RENSSELAER/EMPIRE PLAZA. 0.2 mi



Take the ramp toward EMPIRE PLAZA. 0.5 mi



Turn SLIGHT RIGHT onto SOUTH MALL ARTERIAL. 0.5 mi



Turn RIGHT onto S SWAN ST. 0.2 mi



Turn LEFT onto WASHINGTON AVE. 0.5 mi



274 WASHINGTON AVE is on the LEFT.

From Boston:



Merge onto I-90 W (Portions toll) (Crossing into NEW YORK). 151.3mi



Merge onto I-90 W via EXIT B1 toward RT-9/ ALBANY/ HUDSON (Portions toll). 14.8 mi



Merge onto US-9 S via EXIT 6 toward JOHNSON BLVD/ ARBOR HILL. 1.2 mi



Stay STRAIGHT to go onto HENRY JOHNSON BLVD. 0.3 mi



Turn RIGHT onto WASHINGTON AVE. 0.0 mi



Albany YMCA 274 WASHINGTON AVE is on the LEFT.

From Montreal and Points North

Merge onto AUTOROUTE 15 S via the ramp on the LEFT toward AUT-15 S/ RTE-132 O/ LA PRAIRIE/ USA (Crossing into *UNITED STATES* NEW YORK). 33.2 mi



AUTOROUTE 15 S becomes I-87 S. 170.0 mi



Take the RT-7 W/ RT-7 E exit, EXIT 7-6, toward RT-2 W/ WATERVLIET/ 0.4 mi SCHENECTADY/ TROY/ COHOES.



Take the exit on the LEFT toward RT-2 W/ WATERVLIET/ RT-7 W/ SCHENECTADY. 0.4 mi



Take the RT-7 W exit, EXIT 6, toward SCHENECTADY/ RT-2/ WATERVLIET. 0.3 mi



Turn LEFT onto NY-7/ TROY SCHENECTADY RD. Continue to follow TROY SCHENECTADY RD. 0.6 mi



Enter next roundabout and take 1st exit onto LOUDON RD 0.3 mi



Stay STRAIGHT to go onto LOUDON RD/ US-9. Continue to follow US-9 S. 6.2 mi



Stay STRAIGHT to go onto HENRY JOHNSON BLVD 0.3 mi



Turn RIGHT onto WASHINGTON AVE. 0.0 mi



Albany YMCA 274 WASHINGTON AVE is on the LEFT.

Park on street in front of YMCA or at Washington Park



Start out going SOUTHEAST on WASHINGTON AVE toward HENRY JOHNSON BLVD. 0.0 mi



Turn RIGHT onto HENRY JOHNSON BLVD. 0.1 mi



Turn RIGHT onto ALBANY PLAN OF UNION AVE. 0.0 mi



ALBANY PLAN OF UNION AVE. 0.0 mi Travel Estimates: Time: 0.73 minutes Distance: 0.15 miles