



2018

ISMSKF

*"TWO FOR ONE
GASSHUKUS"
COAST TO COAST*



NORTHWEST: MARCH 23, 24 & 25

NORTHEAST: SEPTEMBER 21, 22 & 23

FEATURING ISMSKF EXECUTIVE DIRECTORS:

SHIHAN GREG LAZARUS
HANSHI, 8TH DAN

SHIHAN JAY GRAVELLE
KYOSHI, 7TH DAN



NorthWest Location:

WHEN: MARCH 23, 24 & 25, 2018

Sunday Morning Only!

WHERE: Cascade Boys & Girls Club
7600 Cascade Drive
Everett, WA 98203

Everett Boys & Girls Club
2316 12th St
Everett, WA 98201

COST: \$100 FOR Both Days & Both Camps
\$75 FOR One Day
\$25 FOR Youth ½ Day Workout

Send to: Shihan Jay Gravelle
3631 Federal Ave
Everett, WA 98201

Contact: Shihan Jay Gravelle
Shihan@NWBudokan.com
Phone: (425)783-0884

Contact Shihan if you need hotel accommodations.

- Participants must wear clean white gis with all patches and belts. **NO** t-shirts (except youth).
- Please mark and bring weapons to class. Weapons will be laid out together for fast access during class. Participants must bring their own weapons.

Remember to bring a gift of appreciation for Hanshi Lazarus and Kyoshi Gravelle. It's suggested each student bring a card with a monetary gift and a picture of themselves in each card for them. The card can be handmade or bought. Print clearly, your name and date on the picture. There will be a table setup at the workout to put your cards on for them.

Schedule: (Subject to Change)

Friday, March 23	6pm – 8pm	Black Belt Workout
Saturday, March 24	9am – 11am 11am – 11:30am 11:30am – 1:30pm 1:30pm – 2:30pm 2:30pm – 3:30pm 3:30pm – 4pm 6pm - ?	Basics, Kata and Bunkai (Adult and Youth Workout) Pictures Lunch Sai Basics, Kata and Techniques One Steps Testing Dinner (place to be determined)
Sunday, March 25 (Sunday Morning will be at Everett Boys & Girls Club)	9am – 10am 10am – 11:30am 11:30 – 1pm 1pm – 3pm	Warm-ups and Tuite Bo Tai Sai 1-6 Lunch (Afternoon session back at the Cascade Boys & Girls Club) Kata & Bunkai

******Please make checks for camp fees out to NorthWest Budokan******

No Video or Flash Pictures allowed during the workout.

Please turn off or silence all Cell Phones

Guests are welcome to attend, but please do not bring young children.

ISMSKF 2018 Gasshuku Registration Form

This form must be completed, signed and returned with camp fee to Shihan Lazarus or Shihan Gravelle

Name: _____ Rank: _____

Sensei: _____ Fee Enclosed: _____

Address: _____

City: _____ Zip Code: _____

Email: _____ Phone: _____

Name & Phone Number in case of emergency: _____

I would like to Pre-Order & Purchase an ISMSKF T-shirt for the Special Seminar Price of \$16 each:

Youth Sizes: S M L Adult Sizes Male: S M L XL XXL

PARTICIPATION AND RELEASE OF LIABILITY

Participant Health: The participant represents that he/she is in physically sound condition and understands that participation in karate may carry a potential risk of injuries or illness. The participant further understands that the ISMSKF assumes no responsibility for any such injury or illness. I understand that martial arts training is a serious endeavor and injuries can and do occur during training. I agree to assume full responsibility for any injuries or damage involving myself and also agree to hold harmless the ISMSKF and their directors and assigns. I agree to conduct myself with decorum and protocol and with high regard for the safety of my fellow camp participants during this camp. I also understand that failure to do so will result in my expulsion from the camp, without refund of fees

Property Loss: The participant understands that the ISMSKF is not responsible for personal property lost, damaged or stolen while using ISMSKF rented/leased facilities, including parking lots, or participating in ISMSKF programs.

Photograph Permission: The participant hereby gives permission for the ISMSKF to use, without limitation or obligation, photographs, film footage or tape recordings which may include the participant image or voice for purposes of promoting or interpreting ISMSKF programs.

Insurance: The participant understands that the ISMSKF does not provide any accident or health insurance for its members or participants and further understands it is the participant's responsibility to provide such coverage.

Medical Treatment: The participant gives permission for ISMSKF staff or volunteers to provide emergency medical treatment, and to transport to an emergency center for treatment. Also, the participant consents to medical treatment deemed immediately necessary or advisable by a physician.

Release of Liability/Participation: I am an adult age 18 or older and wish to participate in ISMSKF activities. I understand that accidents can sometimes happen. Therefore, in exchange for the ISMSKF allowing me to participate in ISMSKF activities, I understand and expressly acknowledge that I release the ISMSKF, members, volunteers or guests from all liability for any injury, loss or damage connected in any way whatsoever to participation in ISMSKF activities whether on or off the ISMSKF rented/leased premises. I understand that this release includes any claims based on negligence, action or inaction of the ISMSKF, its members, volunteers or guests. ISMSKF participation excludes Registered Sex Offenders.

Date

Signature (Parent or Guardian if under 18)

I Plan on attending the Party Saturday Evening (cost approx. \$20 each): YES NO

(Do Not Include payment for the Party)

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BRING YOUR FAMILY THINGS TO DO IN THE SEATTLE AREA

Bring your family and while you're working out they can explore the Seattle Area. If you've never been to the Great Northwest here's a list of things you and your family can do!

Come enjoy **A weekend** in Seattle... whether it's the lights & electricity of **downtown** Seattle; world-class shopping at Nordstrom... there's *something for everyone* in the family to enjoy.

Days are mild ... nights still refreshing ... spring-wear is usually the *norm* ... so if *You don't deserve a break* ... who does?

www.seattleattractions.com - Great Site to see just some of the great attractions we have to offer in the Great Northwest!

Argosy Cruises / Tillicum Village
Burke Museum of Natural History and Culture
Children's Museum
Chinatown Discovery Tours/Wing Luke Museum
Crystal Mountain
Experience Music Project / Science Fiction Museum
Future of Flight Aviation Center & Boeing Tour
Museum of Flight
Northwest Trek Wildlife Park
Ride the Ducks
Rosalie Whyel Museum of Doll Art
Safeco Field Tours
San Juan Safaris-Whale Watching
Seattle Aquarium
Seattle Art Museum
Seattle Center Monorail
Seattle Space Needle
Teatro ZinZanni
Tours Northwest
Underground Tour
Victoria Clipper
Washington State History Museum
Woodland Park Zoo
And Many more!

NorthWest Location

Cascade Boys & Girls Club

(All workouts EXCEPT Sunday Morning at Everett Boys & Girls Club)

From Seattle or SeaTac Airport:

Take **I-5 N** toward **Vancouver B.C.**.

Merge onto **WA-526 W** via **EXIT 189** toward **Mukilteo/Whidbey Is. Ferry**. - 1.7 mi

Take the **Evergreen Way** exit. - 0.2 mi

Keep **right** at the fork to go on **Evergreen Way**. -0.6 mi

Turn **right** onto **75th St SE**. - 0.3 mi

Turn **right** onto **Cascade Dr**.

Cascade Dr is just past Olympic Dr, If you reach Highland Dr you've gone a little too far

The Cascade Everett Boys & Girls Club is on the right.

From Mukilteo:

Start out going **west** on **Mukilteo Speedway/WA-525**.

Turn **left** onto **84th St SW/WA-526** - 0.4 mi

Turn **left** onto **84th St SW/WA-526**. Continue to follow **WA-526 E** - 2.9 mi

Take the **Evergreen Way** exit - 0.3 mi

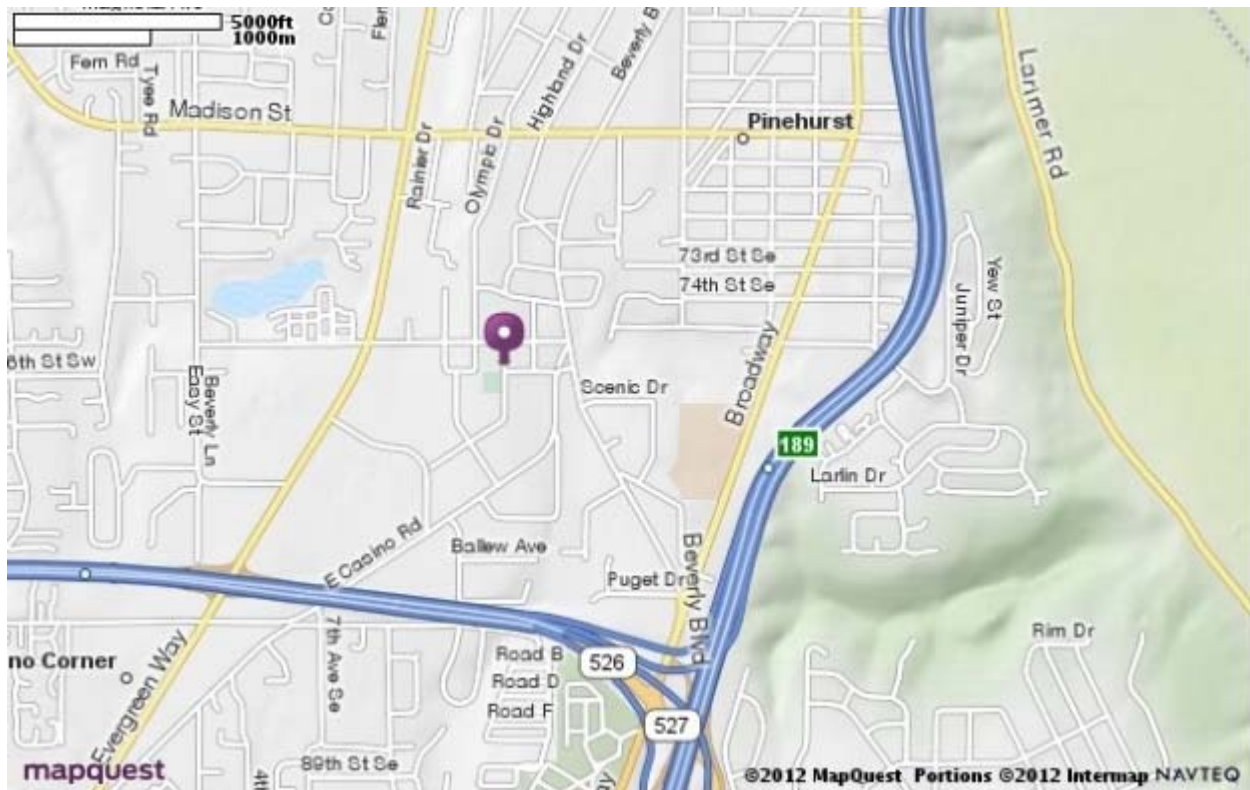
Turn **left** onto **Evergreen Way** - 0.6 mi

Turn **right** onto **75th St SE**. - 0.3 mi

Turn **right** onto **Cascade Dr**.

Cascade Dr is just past Olympic Dr, If you reach Highland Dr you've gone a little too far

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SUNDAY MORNING ONLY!

Everett Boys & Girls Club
2316 12th St
Everett, WA 98201

