



2018
NORTHWEST BUDOKAN
ISMSKF
YOUTH SEMINAR
MARCH 24 9AM - 11AM



FEATURING ISMSKF EXECUTIVE DIRECTORS:
SHIHAN GREG LAZARUS **SHIHAN JAY GRAVELLE**
HANSHI, 8TH DAN **KYOSHI, 7TH DAN**



NorthWest Location:

WHEN: MARCH 24, 2018

TIME: 9am – 11am – **Please arrive by 8:30am to check in and get lined up.**

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

COST: \$25 FOR Youth ½ Day Workout Saturday Morning

Who: Highly Recommended for ALL Green Belts and Above!

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

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

- Participants must wear clean white gis with all patches and belts or NorthWest Budokan t-shirt or ISMSKF t-shirt and white gi pants with belt.
- Weapons will not be needed for the Youth Workout Saturday morning.

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)

Saturday, March 24	9am – 11am	Basics, Kata and Bunkai (Adult and Youth Workout)
	11am – 11:30am	Pictures

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

******Checks or Cash Accepted at Camp******

**No Video or Flash Pictures allowed during the workout.
Please turn off or silence all Cell Phones**

Parents and 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 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)

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NorthWest Location

Cascade Boys & Girls Club

(Same place we have testing)

From Seattle

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

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

