

**You are cordially invited to attend the  
2008 Gold Country Interschool Friendship Camp  
August 1-3, 2008**

The goal of this camp is to provide a time for members of attending schools to build bonds of friendship and camaraderie, and of course learn and practice martial skills.

Fun with:

- ❖ Dan Zan Ryu techniques
- ❖ Great instructors
- ❖ Other martial arts style training
- ❖ Knife and hawk throwing
- ❖ Bullwhip
- ❖ Food (Fri dinner – Sun lunch)
- ❖ Breaking
- ❖ Swimming
- ❖ Hot tub
- ❖ Sun
- ❖ Dancing??
- ❖ Music (Live)

**Where:** Gold Country JuJitsu Club 4560 Benton Way, Shingle Springs, Ca 95682

**Cost:** \$100.00 for weekend, or \$50.00 per day for Sat/Sun, or \$35.00 Friday for only.

**Accommodations:** Camping in our backyard or sleep on the mat, or stay at a local motel (you pay).

**What to bring:** Tent and sleeping bag, Gi, martial weapons, swimsuit & towel, long-sleeved shirt and long pants for evenings (cool and mosquitoes), insect repellent, water bottle, hat or visor, extra t-shirts, allergy medicine (we have cats), spare gi, shorts, paper and pencil for notes, flip-flops, dark glasses, sunscreen, camera, massage oil, sleeping pad, liniments, musical instrument, flashlight, band-aids.

Note to school heads and parents: This event is not intended for juniors.

**AJFF membership required, this is an AJFF Sanctioned event.**

**Pre-registration is required. This event will be limited to the first 80 pre-registered paid attendees.**

*Please do not attend without having pre-registered. i.e. no drop ins.*

Questions about the Camp?

Call or e-mail Ted or Kathie Himmah (530) 677-0705 or [thimmah@sbcglobal.net](mailto:thimmah@sbcglobal.net)

**2008 Gold Country Interschool Friendship Camp Aug 1-3, 2008**

Participant's release and registration form.

American Judo and Jujitsu Federation

IF THE PARTICIPANT LISTED BELOW IS UNDER 18 YEARS OF AGE, A PARENT OR GUARDIAN MUST SIGN THIS RELEASE FORM.

"For and in consideration of my being accepted as a participant in the above named event on the named date, intending to be legally bound, hereby, for myself, heirs, executors and administrators, waive and release any and all rights and claims I may have against said Federation or it's members, for injuries, or fights to damages suffered by me, directly or indirectly as a result of attending, participating in or practicing for, traveling to or from such event, or against the owners, organization or members of the school or place being held. It is further understood that the Federation and Committee or the hosting Dojo reserves the right to reject any participant."

Name (Please print) \_\_\_\_\_ Dojo \_\_\_\_\_ AJFF # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_ or Parent/Guardian's signature \_\_\_\_\_

Amount enclosed \$ \_\_\_\_\_

I plan to eat these meals at camp:

Fri. dinner      Sat. breakfast      Sat. lunch      Sat. dinner      Sun. breakfast      Sun. lunch

**Gold Country JuJitsu Club must receive your registration with payment no later than 2 weeks prior to the event.**

Make checks payable to Kathie Himmah