# Summer Special Training: EAST, 2019

## LOCATION:
Hampshire College - 893 West. St. Amherst, MA 01002

## DATE & REGISTRATION:
June 5th – 9th, 2019
Registration: Wednesday the 5th ***strictly*** between 3:00pm – 9:00pm.
DON'T BE LATE! *Be considerate of those running registration - they will need rest as well!*
(In the event of late arrival please call the contact information provided at the bottom.)

## S.T. LEADER: Maurice Baker (Charlotte, NC)

## APPLICATION INFORMATION:
Participation Fee: $375.00 USD
*Late fee in effect if postmarked after* May 30th (+$50.00 USD) No exceptions.
Make checks payable to "**Shotokan Karate of America**".
Mail application **with** payment to:
**(*Please save trees*** - print **2X SIDED)**

**Shotokan Karate of America**
**P.O. Box 2083**
**Amherst, MA**
**01004 - 2083**

Members **MUST** be current on annual dues to SKA to participate in Special Training.
Be prepared to submit annual dues ***upon registration***.

**NOTE**: AN APPLICATION FORM SUBMITTED BY EMAIL **IS NOT** CONSIDERED REGISTRATION.
FORMS INCLUDING PAYMENT MUST BE PHYSICALLY MAILED.
*NO EXCEPTIONS*

**NOTE**: *WALK-INS* ARE **DISCOURAGED.** ROOMS ARE INTENDED FOR PRE-REGISTERED MEMBERS **ONLY.** RESERVED SPACE IS LIMITED AND NOT GUARANTEED TO THOSE ARRIVING WITHOUT ADVANCED NOTICE**.**

## *** NOTICE FOR SHODAN CANDIDATES ***
*Include a **separate** check/payment of **$500.00 USD** with S.T. registration.*
(Includes 2 years of BBC dues ($400) + cost of new embroidered black belt ($100).)
Payment is 100% refundable in the event of not passing the Dan test.
*Recommending senior's name, signature and date of signature,* ***ARE REQUIRED*** *on the S.T. registration form.*

## *** NIDAN / SANDAN CANDIDATES ***
Indicate your intent to test on the S.T. registration form **regardless** of its designation for just Shodans. Make a note in the margin which dan you are testing.
*Recommending senior's name, signature, rank for which you are testing and date of signature,* ***ARE REQUIRED****.*

## ACCOMMODATION:

Majority single rooms – some double rooms in on-site dorm facility.
One bathroom per dorm hall.
Bed, linens, pillow, blanket, and towels are provided.
Free campus Wifi. "Hampguest" *No password required.*
Meals in campus dining commons. *(Note: First meal provided **Thursday morning**).*
Laundry machines are in dorm facility – *bring **your own** detergent*.
Practices alternate between the indoor gym and outdoor fields.

## HEALTH & SAFETY:

- Cover any and all preexisting open cuts or wounds with dressings from your own First Aid supplies that can withstand the rigors of Special Training practices.
- Bring mouth-guards and sparring gloves.
- TRIM fingernails and toes nails BEFORE Special Training!
- A first-aid kit and AED will be on-hand at each practice.
- Use sunscreen for outdoor practices.
- BE ADVISED: Certain practices will be outdoors. Anticipate the risk of bee stings and sunburn. If susceptible, provide your own EpiPen(s) *clearly named and labeled*.

## TRAVEL:

*PROVIDE TRAVEL INFORMATION AS EARLY AS POSSIBLE*.
Pickup/Drop-off service to Bradley Int. Airport (BDL) by local dojo members will be provided.
Pickup/Drop-off to nearby bus and or train terminals will be provided.
Bus stops and train stations are located in **Amherst** and **Northampton.**

Indicate **ONLY** the following via email to the contact at the bottom. (*Do not forward your entire itinerary*.)

1) Your name,
2) Arrival airline/train/bus,
3) Arrival flight/train/bus#
4) Scheduled time of arrival,
5) Departure airline/train/bus,
6) Departure flight/train/bus#
7) Scheduled time of departure.
8) Your mobile contact number.

*** **NOTE:** Last minute changes in travel itinerary occurring *on the day of registration* might be subject to non-pickup. In the event of a delay or late arrival, be prepared to call for cab service when no other impromptu arrangements can be made.

*** Those traveling by car/carpool will receive tags for parking privileges on campus.

## CONTACT:

Samuel Kanner
914-450-9793
samuel.kanner@gmail.com