

BudoCamp

武道

(Martial Arts camp)

July 11 through 15, 2016

At State College Alliance Church
1221 W. Whitehall Rd, State College, PA 16801

A five day camp doing Martial Arts.

For adults/teens

Comprising of striking, jointlocks/throws, and weapons.

What is Budocamp?

Budocamp is a tradition of physical and mental conditioning aimed at forging a stronger mind, body, and technique. The format is a series of training sessions, three sessions per day for 5 days. Each session covers a certain aspect of martial art but with a common theme through all.

Open to all styles and all experience.



Instructed by Sensei Hudson Harris and
Sensei Palmer Cramer



Schedule:

Monday through Thursday:

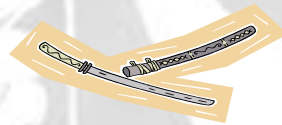
Morning Session; 6:00-8:00 AM, outside
Midday Session; 11:00AM-1:00PM, outside
Evening Session; 5:30-7:30PM, inside

Friday

Morning Session; 6:00-8:00 AM, outside
Midday Session; 10:00AM -12:00PM, outside
Evening Session; 2:00-4:00PM, inside
Social; 6:00

Morning and midday sessions are outside
beside the building.

Evening sessions are inside the building.



Fees:

\$10 /session, \$30 /day
\$125 for entire camp

Other Information

The midday workout will focus on weapons and make use of bokken (wooden sword) and a jo (short staff). Please bring bokken and jo if you have one. There will be some extras available for those who do not have one.

Embrace this camp as a marathon. Be sure to get plenty of rest, eat well, and rehydrate appropriately! Use sunblock etc. You are expected to attend sessions that you sign up for.

There will be a social gathering Friday evening. More information will be provided at camp.

Send Registration and fee to:

Palmer Cramer
620 Blanchard St
Bellefonte, PA 16823

Make check payable to Palmer Cramer
Put Budocamp in memo line

For more info contact Palmer Cramer,
palcram@aol.com
814-360-4708

Deadline is July 6, 2016

Early registration is greatly appreciated!

Registration

___ Entire camp
Or

	Mon	Tue	Wed	Thurs	Fri
Morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Midday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday evening social/dinner	_____				

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Name _____

Address _____

Phone _____

Email _____

Age _____

Style _____

Rank _____

No experience _____

Any medical issues/allergies

I, _____ understand that this event involves physical activity and possibility of injury is inherent. I hereby acknowledge and release the camp, instructors, facilities owner, and State College Alliance Church from all liability of any injury incurred at this event.

(Signature)

(Date)

(Signature of parent/guardian if participant is under 18 years of age)