

JAPAN KARATE ASSOCIATION SHOTOKAN KARATE-DO INTERNATIONAL



2019 FALL TRAINING CAMP
JKA OF ALBANY
SAT. & SUN. – SEPTEMBER 21st & 22nd

CAMP INSTRUCTORS

SHU TAKAHASHI Sensei – 7th Dan
CHIEF INSTRUCTOR: JKA Shotokan Karate-Do International

Assisting Camp Instructors, Sensei

Douglas Luft	7th Dan	JKA of Albany
Robert Jacobs	7th Dan	JKA of UConn
Eiji Toriu	7th Dan	JKA of Boston
Mattie Thomas	6th Dan	Karate Spirit, CT

This year's Fall Training Camp and Instructor Training will be held on the weekend of Saturday September 21st and Sunday September 22nd. The JKA of Albany is pleased to host this year's camp at the Bethlehem YMCA. Same as last year, Sensei Takahashi will be instructing the weekend's classes. Below is a tentative training and meal schedule.

Saturday September 21st	Registration	9:00 AM – 10:00 AM
	Practice	10:00 AM – 11:30 PM
	Registration	1:30 PM – 2:00 PM
	Practice	2:30 PM – 4:00 PM

**** DINNER: 5:00-9:00 PM - At the Elm Avenue Park Pavilion – Large ****

Sunday September 22nd	Registration- Coffee, Bagels, etc.	8:00 AM- 9:00 AM
	Practice	9:00 AM-11:00 AM

All practices will be held at the Bethlehem YMCA gymnasium, **900 Delaware Avenue, Delmar, NY 12054**

	Black Belts	Brown Belts	Green Belts	White Belts or Under 18
Entire Camp	\$100	\$85	\$75	\$65
Per Class	\$45	\$45	\$35	\$30

Pre-registration is requested by September 13th to facilitate planning. If paid in advance by September 13th, the fee is discounted by \$10 for the entire camp or \$5 per class.

Send registration form and fee to Sensei Douglas Luft, 127 Mt. Hope Dr., Albany, NY 12202, Make checks payable to JKA Of Albany.

Contact Information, Doug Luft, (518) 445-0830, jkaaluft@hotmail.com.

Release of Liability

I understand that my participation in the JKA Fall Training Camp in Delmar, New York, on September 21st & 22nd, 2019 is at my own risk, and I agree not to hold the Japan Karate Association of Albany Inc., or the JKA Shotokan Karate-Do International, or the Bethlehem YMCA or its members or employees responsible or liable for any loss, injury, or accident resulting from my participation.

Read and Understood:

Date: _____

Participant Signature: _____

Parent/Guardian Signature: _____

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Accommodations 2019

Comfort Inn

37 Route 9W
Glenmont, NY 12077
(518) 465-8811
Fax (518) 465-5732

Rate: \$104.00 Single or Double – 2 Queen.

Continental Breakfast

20 Rooms reserved, please identify “JKA of Albany”.

Cutoff Date: to Reserved Rooms is September 7th.

Directions:

From NYS Thruway (87) Exit 23, take a Right on Rt. 9W, half mile, Comfort Inn is on the Right.

Quality Inn

15 Frontage Road
Glenmont, NY 12077
(518) 449-5181
Fax: (518) 432-9953

Rate: \$109.00 Double or King.

Continental Breakfast

20 Rooms reserved, please identify “JKA of Albany”

Cutoff Date: to Reserved Rooms is September 8th.

Directions:

From NYS Thruway (87) Exit 23, take a Right on Rt. 9W, go exactly one mile, **Quality Inn** is on the Right.

Directions to the Bethlehem Area YMCA



Bethlehem Area YMCA
900 Delaware Ave
Delmar, NY 12054

(518) 439-4394

From Points West (Buffalo, Rochester, Syracuse)

1. Take NYS Thruway (I-90) to Exit 23
2. After you pass through the toll booths, you will want to veer to the right for 9W.
Take a right onto 9W (South)
3. Follow directions from 9W

From Points South (New York City)

1. Take NYS Thruway (I-87) North to Exit 23
2. After you pass through the toll booths, you will want to veer to the right for 9W.
Take a right onto 9W (South)
3. Follow directions from 9W

From Points East (Massachusetts, Connecticut)

1. Take I-90 West into New York State
2. Take Exit 6A toward I-787 Albany. Stay to the left for I-787 South
3. Continue on I-787 South until the end.
4. Turn right onto McCarty Ave
5. Continue onto 9W/Southern Blvd
6. Follow directions from 9W

From Points North

1. Take I-87 South (Adirondack Northway)
2. Take exit 7 for NY-7 E toward Troy/Cohoes
3. Exit right to I-787 South
4. Continue on I-787 South until the end.
5. Turn right onto McCarty Ave
6. Continue onto 9W/Southern Blvd
7. Follow directions from 9W

Bethlehem Area YMCA from 9W

1. Merge onto Route 32 South / Delmar Bypass. Stay straight on 32 until you get to the T on the road (approximately 3.9 miles).
2. Turn right onto Van Dyke Road (you will pass the high school on your right).
3. At the traffic light, turn left onto Delaware Ave. The YMCA will be about $\frac{3}{4}$ of a mile on your left at the top of the hill.