



ZenQuest Martial Arts
55 Pittsfield Road #10
Lenox, MA 01240

August 17, 2016

Dearest Fellow Karateka:

We'd like to invite you to the "Yamashiro in the Berkshires" mini-camp. The camp will feature four days of intensive instruction and cultural exchange in October with *Master Hirokuni Yamashiro, a Kyoshi, 8th Dan* of the Okinawa Karate-Do Association. Sensei Yamashiro will cover a variety of topics in the Karate style best known as Uechi-Ryu (a.k.a. Shohei-Ryu) including: Sanchin, Hojo Undo, Kata, Bunkai, Yakusoko Kumite (Dai Ichi & Dai Ni), Kote Kite, and Kumite Principles & Drills. The focus in these sessions will be keeping participants engaged and busy. The journeyman instructor will be joined by special guest *Fumiko Tsuchida (4th Dan in Karate and 1st Dan in Kobudo/ Okinawan Weapons)*, who will conduct a Bo/staff clinic. The event will conclude with a Demonstration and farewell Banquet.

The camp will be held Thursday, October 20 through Sunday, October 23 in the beautiful Berkshire hills of Western Massachusetts. All training sessions will be held at ZenQuest, and limited to a maximum of twenty-five participants. Full enrollment will allow participants to attend unlimited trainings during the camp. There is also a "Per Diem" option for attending individual days. Pre-registration by September 21 will result in significant savings for the camp, and early-bird pre-registration before August 21 will receive a FREE camp T-shirt for any pre-registrants enrolling for at least two days; a 50% discount will be given to those pre-registrants enrolled for one day only!

Enclosed is an information and registration packet for the camp. Please look these over and let us know if you have any questions. Participants must submit registration forms and correct payment to be considered registered. Feel free to duplicate more of the camp registration packets if needed.

Please feel free to share with students or other Karate enthusiast. Thanks, we are looking forward to seeing you and enjoying some great training together!

Sincerely,

Mark and Connie Flynn
ZenQuest Martial Arts

Phone - 413-637-0656
Email - train@zenquestmac.com
Website - www.zenquestmac.com



Training Schedule

Morning Training Sessions

<i>Session</i>	<i>Date</i>	<i>Time</i>
M-20	Thursday, October 20	10:00 AM to 12:00 PM
M-21	Friday, October 21	10:00 AM to 12:00 PM
M-22	Saturday, October 22	10:00 AM to 12:00 PM
M-23	Sunday, October 23	10:00 AM to 12:00 PM

Evening Training Sessions

<i>Session</i>	<i>Date</i>	<i>Time</i>
E-20	Thursday, October 20	6:00 to 8:00 PM
E-21	Friday, October 21	6:00 to 8:00 PM
E-22	Saturday, October 22	1:00 to 3:00 PM
E-23	Sunday, October 23	1:00 to 3:00 PM

Kobudo Training Session

<i>Session</i>	<i>Date</i>	<i>Time</i>
K-22	Saturday, October 22	3:15 to 4:45 PM

Notes:
Minimum age for Morning and Evening Sessions is 12 years.
All sessions will be held at ZenQuest



Registration Form

Please indicate desired training sessions by circling session numbers below (see training schedule):

Session	October 20	October 21	October 22	October 23
Morning	M-20	M-21	M-22	M-23
Evening	E-20	E-21	E-22	E-23
Kobudo	----	----	K-22	----

Please indicate participation selection by checking the appropriate line below:

Participation	Description	Cost	√
Full Camp	Unlimited attendance in camp training sessions.	\$295 (\$250*)	<input type="checkbox"/>
Per Diem	Unlimited attendance for Individual Days.	\$95 EA. (\$85*)	<input type="checkbox"/>
Kobudo	Individual Kobudo Session (extra for Per Diem only)	\$20	<input type="checkbox"/>
Banquet	Farewell Banquet for visiting Masters.	\$30	<input type="checkbox"/>
T-Shirt	"Yamashiro in the Berkshires 2016" camp t-shirt	\$20 (\$0*)	<input type="checkbox"/>

* Pre-registration costs if submitted by September 21. "Early-Bird" pre-registration for at least two days before August 25 will include a free camp T-shirt (50% off for one day "Early-Bird" pre-registration.)

AMOUNT ENCLOSED: _____ **CHECK #:** _____

LAST NAME: _____ FIRST NAME: _____
 # & STREET: _____ CITY: _____
 STATE: _____ ZIP: _____ PHONE #: _____
 E-MAIL: _____ RANK: _____
 SENSEI: _____ DOJO: _____
 DOB: _____ T-SHIRT SIZE (circle): XS S M L XL XXL
 SPECIAL CONCERNS (IF ANY): _____

Sessions will be limited in size and will be filled based on the order in which registrations are received (with payment.) Participants will be contacted in the event any desired training session is filled prior to their registration. Meal choices for the Farwell Banquet will be announced during the camp. The event directors reserve the right to reject registrations at their discretion. Please make checks payable to **ZenQuest** and return completed form with payment to:

Yamashiro Camp c/o ZenQuest Martial Arts, 55 Pittsfield Road - Building 10, Lenox MA 01201

Please call 413-637-0656 for Credit or Debit Card payment.

I agree to release and waive any and all rights, claims or actions that I, my heirs, or successors may have against the ZenQuest Martial Arts Center, its agents and officials, or parent organizations for any reason.

(Signature or Parent's/Guardian's signature)

(date)



Some Accommodations Available

HOTELS/MOTELS

Cranwell Spa & Golf Resort (4 star), 55 Lee Rd, Lenox, MA 01240 - \$335/ night +/-
Hilton Garden Inn (3 star), 1032 South Street, Pittsfield, MA 01201 - \$178/ night +/-
Crowne Plaza Pittsfield (3 star), 1 West Street, Pittsfield, MA (413) 499-2000 - \$123/ night +/-
Hampton Inn & Suites (2 star), 445 Pittsfield Rd, Lenox, MA 01240 - \$179/ night +/-
Yankee Inn (3 star), 461 Pittsfield Rd, Lenox, MA 01240 - \$115/ night +/-
Lenox Inn (2 star), 525 Pittsfield Rd, Lenox, MA 01240 - \$65/ night +/-
Wagon Wheel Inn (2 star), 484 Pittsfield Rd, Lenox, MA 01240 - \$75/ night +/-
Howard Johnson's (2 star), Rte. 7 & 20 (Pittsfield Rd.), Lenox, MA (413) 442-4000, (800) I-GO-HOJO - \$89/ night +/-
Days Inn (2 star), Rte. 7 & 20 (Pittsfield Rd.), Lenox, MA (413) 637-3560, (800) 800-8000 - \$89/ night +/-

All of the locations listed are close to ZenQuest.

INNS/BED & BREAKFASTS

Check online for a variety of amazing Inns and B&B's available in the Berkshires.

RESTAURANTS

There are plenty of restaurants in the area with a variety of food choices.

DIRECTIONS

We'll be happy to provide directions upon request.