



KOKUSHIKAI

JUDO CAMP

AUGUST 16-21

2010



KOKUSHIKAI JUDO CAMP MISSION

To create an environment for learning **judo** in a beautiful setting with a friendly atmosphere, the comfort of **good food**, a clean facility, and taught by renowned instructors who have dedicated their **lives** to the education and development of the mind, body and spirit. We welcome all ages and levels to **challenge** themselves in the pursuit of **excellence** year after year.



CAMPGROUND FACILITIES

Route 247, Preston Park, Pennsylvania 18455

Camp Kokushikai occurs on the grounds of Camp Wayne for Boys and is situated on over 400 acres with two private lakes. It is located in the northeast corner of Pennsylvania approximately 2 ½ hours from New York City and Philadelphia.

Some features include:

- ◆ 10,000 square feet of official Tatami mat area for practice
- ◆ 1,500 square foot matted Studio designated for Yoga, Kata or children's practice
- ◆ Indoor and covered outdoor training areas
- ◆ Private Rooms with private bathrooms and showers available
- ◆ 2 Waterfront Lakes with fishing dock
- ◆ Heated, Olympic-size Swimming Pool with Lifeguard on Duty
- ◆ 24/7 Fully Equipped Trainer's Room
- ◆ Fitness Center
- ◆ Ropes Course with Zip Line
- ◆ 3 Outdoor Basketball Courts
- ◆ Arts Center
- ◆ Two Soccer Fields
- ◆ Lighted Tennis Courts
- ◆ Jogging Trails
- ◆ Dining Hall with Kitchen Staff



TRANSPORTATION

We offer round trip Bus Service from the NYC/NJ area on the morning of August 16th with return service on August 21st. Seat reservations must be made before July 30th and can be made on the Camp Application. Final bus schedule will be posted at www.kokushikai.com.

Individuals arriving by airplane may book their destination to Newark (EWR) airport in NJ with arrival on Sunday, August 15th with departure on Saturday, August 21st. Please provide flight itineraries to Kokushikai if you would like assistance with your transport to and from the Camp.





CAMP DIRECTOR AND JUDO EDUCATION STAFF

Core Judo Education Staff:

Celita Schutz, *4th Degree Black Belt, 3x US Olympian*

Sylwester “Kasper” Gawel, *4th Degree Black Belt*

Professor David Adiv, *3rd Degree Black Belt (BJJ), Royler Gracie-David Adiv (RGDA)*

Sensei N. Ogasawara, *8th Degree Black Belt*

Sensei Y. Matsumura, *8th Degree Black Belt*

Sensei N. Higashi, *8th Degree Black Belt*

Supporting Judo Education Staff

Sensei T. Yoshinaga, *8th Degree Black Belt, National Kata Committee Member*

Jimmy Vennitti, *4th Degree Black Belt*

Complimenting Expert Staff

Tomomi Freeburg, *Japanese Cultural Instructor*

Sonja Rzepski, *Yoga Instructor, Ashtanga and Yoga for Athletes Specialized*

Sarah Sanborn, *Massage Therapist, Spa at Chelsea Piers, NYC*



Celita Schutz Kokushikai Camp Director

President of Kokushikai, Inc., and 3x Olympian, Celita Schutz is pleased to report that the inaugural year of Kokushikai Judo Camp (2009) was a great success and we are very excited to return with our core group of instructors selected for their outstanding life accomplishments and their pure passion for teaching again this year in 2010!

Celita has been studying judo for over 34 years with the direct guidance of Sensei Ogasawara and Sensei Matsumura. Her training and competition in judo has brought her to nearly 30 different countries with extended stays at Japan's Kokushikan University.

In addition to being a multi-time international medalist, Senior US National Champion, US Open Champion, Celita was named to her third Olympic Team in 2004 and has received USOC Honors by being selected the Female Athlete of the year in Judo twice.

Celita embraces the overlap of techniques between judo and jiu-jitsu and became the 2007 ADCC Submission Grappling North American Champion.

A graduate of Yale University, Celita currently holds a 4th degree Black belt in Judo.



Sensei “Kasper” Gawel

Sylwester “Kasper” Gawel of Krakow, Poland is a graduate of AWF, specializing in Judo. Gawel has refined methods of teaching and guiding physical development and coordination. He emphasizes the importance for children and adolescents to form relationships with the environment and those around them. His range of instruction is always customized to the skill level of participants.

He holds a 4th degree Black belt and is the current Champion of the US Open Category, Vice Champion of the World Masters in the 90Kg division. Gawel is also former World Cup Champion and ten-time Champion of Poland, in both individual and group (between 1990-2000), and represented Poland for ten years while on the national team. Throughout his career, he has won over a hundred medals in international championships, both on the junior and senior levels.

Currently he represents the New York Athletic Club in New York City.

Originally from Israel, Professor David Adiv has been studying Martial Arts his entire life. He believes Martial Arts is a Science. Combining training in judo and jiu-jitsu, Professor Adiv has acquired knowledge and experiences, which have made him an accomplished competitor, instructor and business consultant.

David Adiv is recognized as one of the most technical BJJ Black belts in the world. Professor Adiv's knowledge and technique have allowed him to become part of Professor Royler Gracie's competition team. He is featured along with Professor Royler Gracie in two of his bestselling books: "*BJJ Submission Grappling*" and "*Gracie Jiu-Jitsu Submission Essentials*," with Grandmaster Helio Gracie.

Professor David Adiv has spearheaded the development of the Royler Gracie-David Adiv (RGDA) Jiu-Jitsu Association Worldwide. He holds a 3rd degree Black belt in Brazilian Jiu-Jitsu and is Royler's top representative in the United States.



Professor David Adiv



Sensei Ogasawara

Born in Osaka, Japan, Mr. Nagayasu Ogasawara excelled at an early age becoming captain of his various judo teams including his college, Kokushikan University. After graduation, he spent four years as a physical education instructor and judo coach at Kokushikan.

In 1967, Ogasawara came to the US to teach Judo. From his training facility in Westwood, NJ, he coached many champions including his daughter, Liliko, '96 Olympian, '93 and '95 Silver and Bronze World Medalist and Celita Schutz, 3x Olympian and 2x World Team Member.

Ogasawara has been associate professor at the US branch of Kokushikan University and Head Judo coach at West Point US Military Academy Judo Club. He is widely known for his authorship of the "Textbook of Judo" and DVD set: "White to Black & A safe way to teach and learn Judo for children from four years old". Ogaswara currently holds an 8th degree Judo Black belt.

Ogasawara is planning an encore magic show performance at camp this year.

With Over 50 years of teaching experience, Yoichiro Matsumura has perfected various techniques in judo and is considered one of the leading technicians in the world. After graduation from Kokushikan University, in Japan, Matsumura continued as instructor and coach in 1962. While versed in other martial art disciplines, judo remains the focus of his teaching as he has appeared in clinics nationally and internationally throughout his career.

In addition, Matsumura has guided many US athletes to success in judo at the national, world and Olympic levels.

Matsumura holds an 8th degree Black belt in Judo and has been Head Instructor of the NYAC Judo Club for 35 years. He has also taught judo at the McBurney YMCA in New York City for over 30 years, and in Columbia's Physical Education department. As official Technical Advisor to Kokushikai, Matsumura contributes greatly with weekly class instruction and supervision of Team Kokushikai.



Sensei Matsumura



Sensei Higashi

Japanese born, Noboyoshi Higashi, was among the first class of the Kokushikan University Judo Team. After graduation he remained for 3 ½ years as a coach before coming to the US in 1964.

Higashi received his Master's degree from NYU in Physical Education and is President of the International Kokushi-ryu Jujutsu Association, Founder (Soke) of Kokushi-ryu Jujutsu, and Head instructor of the Kokushi Budo Institute of NY, Inc.

Among the high ranking belts that he holds in various disciplines, Higashi has received an 8th degree Black belt in Kodokan Judo.

Higashi has been Associate Professor at the State University of NY at Stony Brook and has authored 13 martial arts books including "*Basic Judo*" (in Japanese) and "*Judo*" (in English).

Throughout his entire career Higashi's philosophy remains: "Teaching martial arts is human education to enjoy, practice and develop skill."



CURRICULUM & ACTIVITIES

Regardless of age, rank or ability Kokushikai Judo Camp's legendary instructors will inspire you to uncover the judo within. Understanding body movement will lead to greater confidence. Understanding your opponents will lead to better decisions.

Instructional groups will be broken down according to age and level. Separate newaza (ground techniques) and tachi-waza (standing techniques) will be thoroughly covered. Campers will also be given plenty of open mat time for rondori (free sparring) to try out the new skills they have learned during the day with close supervision of the instructors.

Speciality classes such as Kata instruction, Yoga, and Massage Therapy are also offered to balance out the program as well as the popular Japanese cultural class of origami.

A supervised ropes course with zip line is being added this year with the usual optional activities such as fishing, swimming, hiking, jogging, soccer, tennis, basketball...or just relaxing lake side.

Campers from age 6-18 will be housed in age appropriate groups with the supervision of a 2 counselors per group. Adults will be housed in smaller lodges or private rooms.

24/7 First Aid is available in the Health Center.

All meals served in the Camp Dining Hall are included in the fee. In addition, we will have a canteen open during certain hours for the purchase of snacks and apparel.

Please refer to www.kokushikai.com for suggested packing list.



INCENTIVES

Family Discounts

Judo can be a rewarding family sport. In order to facilitate this, we offer the following discounts:

10% discount for the second family member

25% discount for the third family member

50% discount for the fourth family member and beyond

Coach's Discount

Judo is life-long and learning continues when teaching begins. Enjoy the friendly environment with 10 or more of your students and your camp fee will be waived. Make sure that your students indicate your club and your name as instructor so that you receive credit.

Any questions, please contact Kokushikai Camp Director, Celita Schutz at:
camp@kokushikai.com



2010 APPLICATION

Please print legibly and mail this completed form to:

Kokushikai Judo Camp, PO Box 802, New York, NY 10024.

Or download form online at www.kokushikai.com. Include credit card information or enclose a check/money order made payable to **KOKUSHIKAI, INC.**

Camper _____ M F
Last First Initial

Address _____
Street Apt #

City State Zip

Home Phone (____) _____ - _____ E-mail _____

Age _____ Birth Date ____/____/____ Judo Rank _____ Jujitsu Rank _____

Primary Judo or Jujitsu Club _____ Instructor's Name _____

Emergency Contact Information

Name _____ Phone (____) ____ - _____ Relationship _____

Roommate Request. One request per camper. Names must appear on both camper's forms. _____

Free T-Shirt if registered by July 15th, 2010

Youth S Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL

Please complete payment information on backside and sign release agreement with waiver of liability.

RELEASE & PAYMENT INFORMATION



Camp Kokushikai Training Fee of \$470 _____
Includes all meals, lodging, instructional and recreational activities
and a T-shirt. Registration Deadline is July 15th, 2010.

Late Fee of \$50 if registered after July 15th, 2010 _____

Round Trip Bus Shuttle Service \$25 _____
Seat reservation must be made before July 15th, 2010

Apply Eligible/Approved Discounts (_____) _____

Total _____

I am paying in full today

I am making a \$100 deposit and am responsible for the balance of \$ _____ by July 15th, 2010

Payment Method:

Check/money order in the amount of \$ _____ enclosed. Credit Card, circle type MC Visa

Credit Card # _____ Verification Code _____ Exp Date ____/____/____

Print Name on Credit Card _____ Amount Charged \$ _____

Standard Release and Waiver of Liability:

I give permission for the above-named camper to attend camp. A deposit of \$100 is REQUIRED with application. Full payment of balance is due by July 15th. There will be absolutely no refunds after July 30th. No refunds will be given if a camper is dismissed for disciplinary reasons. In consideration of the good will, public service and community aid provided by Kokushikai, Inc, I grant permission to take and publish photographs, videotapes and recordings of the camper registered above. I acknowledge that Kokushikai, Inc. will be the sole owner of all rights arising of their use for all purposes and that I shall receive no compensation for their use. I hereby submit my application for participation in Kokushikai Judo Camp. In consideration of acceptance of my said application, I do hereby waive, release and forever discharge on behalf of myself, my heirs, my executors, my administrators, and my assigns any and all claims, rights or causes of action whatsoever for any damages or injuries whatsoever which I may now have or which might arise hereafter against any person or entity in any way connected with Kokushikai Judo Camp or Camp Wayne for Boys, which shall include but not be limited to: Kokushikai, Inc and any instructors, assistants and fellow student practitioners associated therewith as a result of my participation in Kokushikai Judo Camp. I hereby state that I have read this "Waiver of Liability" in its entirety and that I fully understand the meaning thereof. Furthermore, I understand that I will not be allowed to participate at Kokushikai Judo Camp unless I have signed and executed this "Waiver of Liability".

Signature _____ Date ____/____/____

Parent or guardian must sign for campers under 18 years of age

Mail Completed Form with Payment to:

Kokushikai Judo Camp 2010
PO Box 802
New York, NY 10024

Questions and Contact

Phone: 1-877-KOKUSHI
(1-877-565-8744)
Fax: 201-420-8004
E-Mail: camp@kokushikai.com

Cancellation Policy

Full refund minus \$100
deposit if cancelled by
July 30th, 2010.
No refunds after July 30th.



THE NOVARO YOUTH SCHOLARSHIPS

Under the Novaro Youth Scholarship Fund, 10 spaces are made available to eligible youth between the ages of 9 and 22 to attend Kokushikai Judo Camp 2010 with complete tuition.

To qualify, candidates must be nominated by one attending adult of 2010 Kokushikai Judo Camp and have excelled in one or more areas of academics, athletic performance in judo or jujitsu, leadership, or community service. Recipients must have outstanding personal character.

How To Apply:

Go to www.kokushikai.com to download the application form. All application materials must be postmarked by **July 30, 2010**. Send the completed application with accompanying letter of recommendation in a single packet to:

Novaro Youth Scholarship
c/o Kokushikai, Inc
P.O. Box 802
New York, NY 10024

Selected recipients will be notified within two weeks of the application deadline.

DIRECTIONS

Route 247, Preston Park, Pennsylvania 18455

FROM CENTRAL AND SOUTHERN JERSERY

- * Route 280 West to I-80 West
- * Exit 34 B (Sparta) to Route 15 North
- * At end of Route 15, take Route 206 North and continue over the bridge and through Milford, PA. A few miles past Milford, pick up Route 84 West to Exit 30 (formerly exit 8)
- * Right turn off exit and follow to end where it meets US Route 6
- * Left turn onto Route 6 and travel through Hawley, Pennsylvania to Honesdale, Pennsylvania
- * As you enter Honesdale, turn right onto Church Street and follow to the end of the street
- * Left turn, then right (over bridge) and continue straight to the end of Main Street
- * At the end of Main Street, take a left fork in the road (Route 670 North)
- * Continue about 10 miles on Route 670 to the intersection of Route 670 and Route 247
- * Right turn onto Route 247 North and follow approximately 13 miles through Lake Como
- * Continue approximately 1½ miles to Camp Wayne for Boys. Parking lot is on the right just before the camp entrance and the lake

FROM WESTERN NEW JERSEY

- * I-80 West (61 miles from Route 287 in NJ) into PA, to I-380 North
- * Follow I-380 until it merges with I-84 / I-81
- * Follow signs to Route 6 East. Travel 19 miles, making left turn onto Route 296 in Waymart
- * Travel for approximately 6 miles, making right turn on Route 247 North
- * Follow Route 247 for 17 miles. Parking lot is on the right just before the camp entrance and the lake

FROM NEW YORK AND VICINITY

- * New York State Thruway (interstate 87) North to Exit 16 "Harriman", Route 17
- * Travel West toward Binghamton on Route 17 (future interstate 86) to Exit 87 (Hancock - Callicoon) which is the second exit for Hancock
- * Left turn at stop sign at end of ramp and follow to the end

- * Left turn onto Route 97 for 1/10 of a mile and turn right after the gas station
- * Follow road around to stop sign
- * Right turn crossing railroad tracks onto PA Route 191, over the bridge into Pennsylvania
- * Stay left a "Y" in the road for one mile
- * Right turn onto Route 370, follow for approximately 6.3 miles
- * Left turn onto Route 247
- * Camp Wayne for Boys is the second left, approximately 1.5 miles at the end of the lake
- * Parking lot entrance is on the left, after the main entrance to camp

FROM PHILADELPHIA/SCRANTON AREA

- * Route 476, Northeast Extension of the PA Turnpike, to Route 81 North to Carbondale (NEW ROUTE 6 EAST, NOT BUSINESS ROUTE 6)
- * Travel on new Route 6 for 19 miles to stop light in Waymart
- * Left turn onto Route 296 for approximately 6 miles
- * Right turn onto Route 247 North for 17 miles, parking lot entrance is on the right

FROM NEW ENGLAND

- * Take Route 84 West into New York State
- * In New York State, pick up Route 17 West (future interstate 86) at Middletown to Exit 87 (Hancock-Callicoon) which is the second Hancock exit
- * Follow directions from Route 17 (future interstate 86) above (FROM NEW YORK AND VICINITY)

FROM THE BUFFALO AREA

- * NYS Thruway (Route 90) East to
- * Route 690 South in Syracuse – follow signs to "Route 81 South-Binghamton"
- * Route 81 South to Binghamton to
- * Route 17 East to Exit 87 (Hancock-Callicoon)
- * At stop sign, left turn and travel 1/10 of a mile
- * Right just past gas station. Follow the road around to stop sign
- * Turn right, crossing railroad tracks, over bridge into Pennsylvania onto Route 191
- * Stay left at "Y" for one mile to Route 370
- * Left turn onto Route 247
- * Camp Wayne for Boys is the second left, approx. 1.5 miles, at the end of the lake
- * Parking lot entrance is on the left after the main entrance to camp



Better and Better Every Year!



www.kokushikai.com

1-877-KOKUSHI

1-201-420-4448

camp@kokushikai.com