

AUGUST 16-21



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 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 inargual 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 jiujitsu 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.

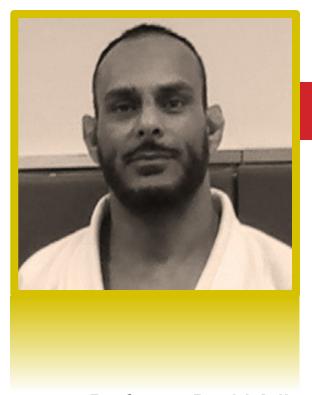
He holds a 4th degree Black belt and is the current Champion of the US Open Category, Vice Champion of the World Masters in the 90Kg division. Gawel is also former World Cup Champion and ten-time Champion of Poland, in both individual and group (between 1990-2000), and represented Poland for ten years 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 jiujitsu, 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.

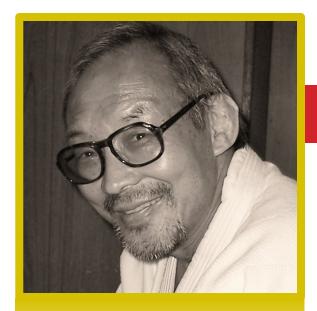
Ogasawara has been associate professor at the US branch of Kokushikan University and Head Judo coach at West Point US Military Academy Judo Club. He is widely known for his authorship of the "Textbook of Judo" and DVD set: "White to Black & A safe way to teach and learn Judo for children from four years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

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

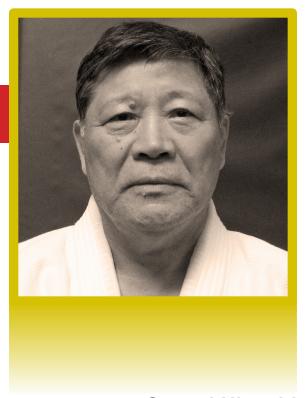
With Over 50 years of teaching experience, Yoichiro Matsumura has perfected various techniques in judo and is considered one of the leading technicians in the world. After graduation from Kokushikan University, in Japan, Matsumura continued as instructor and coach in 1962. While versed in other marital 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.**

	Last	First	Initial	_			
Address_							
	Street		Apt #				
	City	State		Zip			
Home Ph	none ()	E-mail					
Age	Birth Date/	/ Judo Rank	_ Jiujitsu Rank				
Primary .	Judo or Jiujitsu Club	Instructor	's Name				
Emerger	ncy Contact Information						
Name _		Phone ()	Relationship				
Roomate	e Request. One request per	r camper. Names must appear on both c	amper's forms				
Free T-Sh	hirt if registered by July 15t	h, 2010					
☐ Youth	n.S. □ Youth M. □ Yout	.h L □ Adult S □ Adult M □ Adult	I □ Adult XI	□ Adult XX			

RELEASE & PAYMENT INFORMATION



deposit if cancelled by

No refunds after July 30th.

July 30th, 2010.

Includes all meals, lodging, in	amp Kokushikai Trainin estructional and recreat gistration Deadline is Ju	ional activities		-			
Late Fee of \$	550 if registered after Ju	uly 15th, 2010		_			
Seat reservation r	Round Trip Bus Shuttl must be made before Ju			_			
	Apply Eligible/Appro	ved Discounts (_		_)			
		Total		_			
\square I am paying in full today	,						
\square I am making a \$100 de	eposit and am responsi	ble for the balance of	\$	_by Ju	ly 15th,	2010	
Payment Method: Check/money order in the amount of \$	enclosed.	Credit Card, circle ty	/pe N	ΛС	Visa		
Credit Card #		_ Verification Code	Ехр С	ate _	/	_/	
Print Name on Credit Card							
Standard Release and Waiver of Liability: I give permission for the above-named camper to attend on the absolutely no refunds after July 30th. No refunds will I community aid provided by Kokushikai, Inc., I grant permission that Kokushikai, Inc. will be the sole owner of all rights ari plication for participation in Kokushikai Judo Camp. In comyself, my heirs, my executors, my administrators, and my in may now have or which might arise hereafter against any but not be limited to: Kokushikai, Inc and any instructors, Judo Camp. I hereby state that I have read this "Waiver of be allowed to participate at Kokushikai Judo Camp unless	camp. A deposit of \$100 is REC be given if a camper is dismiss sion to take and publish photo, ising of their use for all purpose unsideration of acceptance of m y assigns any and all claims, rig y person or entity in any way co assistants and fellow student p f Liability" in its entirety and that	ed for disciplinary reasons. In graphs, videotapes and recore es and that I shall receive no c ny said application, I do hereby ghts or causes of action whats innected with Kokushikai Judo oractitioners associated there at I fully understand the mean	consideration of dings of the camp ompensation for waive, release a oever for any dan Camp or Camp W with as a result of	the good er registe their use nd foreve nages or Vayne for my part	d will, publi ered above e. I hereby er discharg injuries wh r Boys, whi icipation in	ic service and e. I acknowledge y submit my ap- ge on behalf of hatsoever which ich shall include n Kokushikai	
Signature			Date	/_	/_		
Parent or guardian must sign for	campers under 18 year	rs of age					
Mail Completed Form	Questions and C		Cancellation Policy				
with Payment to:	Phone: 1-877-K0	7-KOKUSHI Full refund r			minus \$100		

(1-877-565-8744)

E-Mail: camp@kokushikai.com

Fax: 201-420-8004

New York, NY 10024

PO Box 802

Kokushikai Judo Camp 2010



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-Calllicoon)
- * 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







www.kokushikai.com
1-877-KOKUSHI
1-201-420-4448
camp@kokushikai.com