



# KOKUSHIKAI

## *JUDO CAMP*

Session I

AUGUST 15-20

Session II

AUGUST 22-27

# 2011

## 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 feet 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 with departure to Camp on the mornings of August 15<sup>th</sup> and August 22<sup>nd</sup> with return service in the afternoon of August 20<sup>th</sup> and August 27<sup>th</sup>. Seat reservations must be made before July 15<sup>th</sup> to secure a seat and can be made on the Camp Application. Final time table for bus schedule will be posted at [www.kokushikai.com](http://www.kokushikai.com) closer to Camp.

Individuals arriving by plane can book their destination to Newark (EWR) airport in NJ with arrival on Sunday, August 14<sup>th</sup> or on Sunday, August 21<sup>st</sup>. Departure should be scheduled on Saturday, August 21<sup>st</sup> or August 27<sup>th</sup>. Please allow 3 hours of driving time from airport to Camp when scheduling flights. 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

### **Special Guest Instructor:**

**Sensei Y. Moriwaki**, *8th Degree Black Belt, Japan Judo Olympian and World Champion*

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

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

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

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

### **Complementing 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*

**Bryan Shulman**, *Massage Therapist, Spa at Chelsea Piers, NYC*



**Celita Schutz**  
Kokushikai Camp Director

President of Kokushikai, Inc., and 3x Olympian, Celita Schutz is pleased to announce the expansion of Kokushikai Judo Camp to two sessions in 2011. We are thrilled to introduce Olympian and World Champion, Sensei Moriwaki to be among our returning core group of instructors selected for their outstanding life accomplishments and their pure passion for teaching.

Celita has been studying judo for over 35 years with the direct guidance of Sensei Ogasawara and Sensei Matsumura. Her training and competition in judo has taken 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, and 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 and teaches at Kokushikai Judo Academy in Fair Lawn, New Jersey.





**Sensei Moriwaki**

Japanese Olympian and World Champion, Yasuhiko Moriwaki began judo in junior high school in Kake, Hiroshima. For college, he attended Kokushikan University and captured a gold medal at the World University Championships in his senior year.

Moriwaki took his first medal at the World Championships in Paris in 1979. The following year, he was selected to the 1980 Japanese Olympic Judo Team. However, in 1980, he was not able to compete as the Japanese government along with many other countries boycotted the 1980 Summer Olympic Games. The very next year, Moriwaki became World Champion by winning the Gold medal at the 1981 World Championships in Maastricht, Netherlands at the age of 29.

Moriwaki attributes his success to years of study, close observation and practice to understand, apply and perfect judo's art of breaking balance. He notes that movement in judo is the foundation of fundamentals.

Currently holding an 8th degree Black belt in judo, Moriwaki has been a Professor of Kokushikan University and the Head Coach of the Women's Judo Team for over 30 years.

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.



**Sensei "Kasper" Gawel**



**Professor David Adiv**

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.

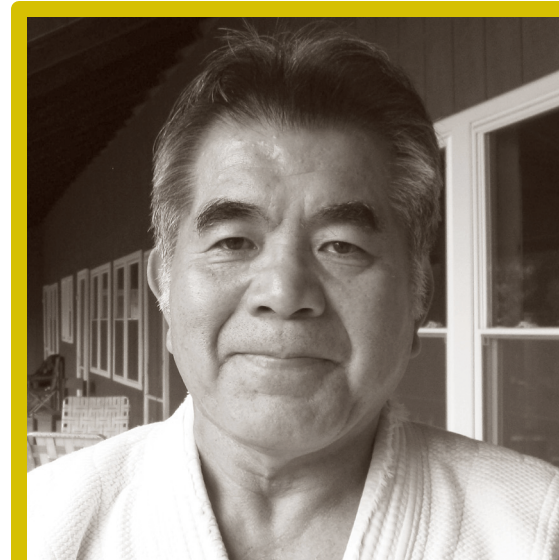
Professor David Adiv has spearheaded the development of the Royler Gracie-David Adiv (RGDA) Jiu-Jitsu Association Worldwide. He holds a 3rd degree Black belt in Brazilian Jiu-Jitsu and is Royler's top representative in the United States.

Born in the Kumamoto Prefecture of Japan, Takayuki Yoshinaga started judo at age 9. After capturing many secondary school titles, Yoshinaga represented Kokushikan University's competition team for all four years before graduating in 1964.

In 1969, Yoshinaga was dispatched to the United States and has now been owner and head instructor of the Midwest Buddhist Kokushikan Judo Academy in Chicago, IL for over 41 years. Yoshinaga has also held positions of instruction at the Chicago Police Academy, US Judo's National Women's Training Camp in Colorado Springs, at various scholastic settings and is the former Promotion Chairman of the Chicago Blackbelt Association.

He is currently a member of the US Judo Kata Committee and contributes his expertise to the Kata program of Kokushikai Judo Camp.

Currently holding an 8th degree Black belt in Judo, Yoshinaga believes that one should enjoy all aspects of judo and refers to *"jibunni katsu"*, the Japanese notion: to make yourself a champion, conquer yourself before conquering others.



**Sensei Yoshinaga**





**Sensei Ogasawara**

Born in Osaka, Japan, 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.

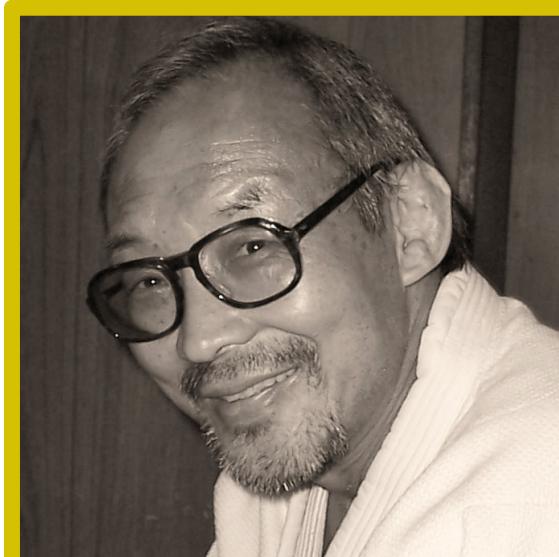
Ogasawara has been associate professor at the US branch of Kokushikan University and Head Judo coach at West Point US Military Academy Judo Club. He is widely known for his authorship of the "Textbook of Judo" and DVD set: "White to Black & A Safe Way to Teach and Learn Judo for Children from Four Years Old". Ogasawara 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, Nobuyoshi 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.

Individuals will be assigned to training tracks with others of similar ability to maximize appropriate training intensity. Kasper Gawel conducts competitor training for the group of elite athletes preparing for upcoming tournaments. Regardless of ability, all groups are exposed to all instructors. 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, Brazilian Jiujitsu for Judo, Yoga, and Massage Therapy are also offered to balance out the program as well as the popular Japanese cultural class.

The ropes course with zip line returns this year with the usual optional activities such as fishing, swimming, hiking, jogging, soccer, tennis, basketball...or just relaxing lake side. New this year are some lake supervised activities!

Campers from ages 6-18 will be housed in age appropriate groups no larger than 12 per group. All groups will have the supervision of 2 counselors. Adults will be housed in lodges or private rooms. Private rooms are assigned by availability.

24/7 First Aid is available in the Health Center by a certified nurse.

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.

Family or friends picking up campers are invited to attend the Closing Ceremonies and have lunch on the final day of each session.

Please refer to [www.kokushikai.com](http://www.kokushikai.com) for a suggested packing list.





## INCENTIVES

### Novaro Youth Scholarships

Youth between the ages of 9-22 may apply for full tuition to Kokushikai Judo Camp through the Novaro Youth Scholarship Fund. 6 one-week spots and 4 two-week spots are available. Go to the Camp Page on [www.kokushikai.com](http://www.kokushikai.com) to download the application. Applications must be received by July 30, 2011 to process funding.

### 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.

Please direct questions to Kokushikai Camp Director, Celita Schutz or to Mary Bierle, Kokushikai Registration Coordinator at: [camp@kokushikai.com](mailto:camp@kokushikai.com)



## 2011 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](http://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 \_\_\_\_\_

Roomate Request. One request per camper. Names must appear on both camper's forms. \_\_\_\_\_

Free T-Shirt if registered by July 15th, 2011

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



(August 15-20) **Session I:** Camp Kokushikai Training Fee of \$470 \_\_\_\_\_

(August 22-27) **Session II:** Camp Kokushikai Training Fee of \$470 \_\_\_\_\_

(August 15-27) **Session I & II:** Camp Kokushikai Discounted Training Fee of \$795 \_\_\_\_\_

Late Fee of \$50 if registered after July 15th, 2011 \_\_\_\_\_

Round Trip Bus Shuttle Service \$30 \_\_\_\_\_  
Seat reservation must be made before July 15th, 2011

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, 2011

## 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 2011  
PO Box 802  
New York, NY 10024

**Questions and Contact**  
Phone: 1-877-KOKUSHI  
1-201-420-4448  
Fax: 201-420-8004  
E-Mail: camp@kokushikai.com

**Cancellation Policy**  
Full refund minus \$100 deposit if cancelled by July 30th, 2011.  
No refunds after July 30th.

# 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!**



# **KOKUSHIKAI**

*JUDO CAMP*

Located in Preston Park, Pennsylvania 18455

[www.kokushikai.com](http://www.kokushikai.com)

1-877-KOKUSHI

1-201-420-4448

[camp@kokushikai.com](mailto:camp@kokushikai.com)

