

# 2010

## ANNUAL

### All South Karate Winter Camp March 26th - 28th, 2010



Greenville, Mississippi

Presented  
by  
**T. Mikami**  
and  
All South Karate Federation  
706-C Phosphor Avenue,  
Metairie, LA 70005  
(504-835-6825)



Member Japan Karate Association

## ANNUAL

**REMINDER:** Reserve early because of the Greenville casinos, weekends are crowded. Do not wait until the last minute. For special rates, be sure to mention you are with the **Karate Camp group** (code).

**"NO SECURITY provided at motels, do not leave anything you want to keep in your vehicle while in Greenville"**

**Days Inn:** 2701 Hwy 82 E, Tel. 662-334-1818  
(formerly Hampton Inn)  
rate \$53.00 plus tax per night, continental breakfast,  
security guard on premise.

**Roadway Inn:** 2700 hwy 82 E, Tel. 662-332-5666  
(formerly Ramada Inn)  
rate \$45.00 plus tax per night, continental breakfast,



KARATE CAMP - GREENVILLE, MS - MARCH 2009

## REGISTRATION FORM

Make check payable to ASKF and mail to:  
ASKF Camp - 706C Phosphor Ave. - Metairie, LA 70005

NAME \_\_\_\_\_ PHONE \_\_\_\_\_  
CLUB \_\_\_\_\_ RANK \_\_\_\_\_ AGE \_\_\_\_\_

In consideration for participation, training and instruction, the undersigned hereby specifically relieves, releases and discharges the **ASKF and any other person, firm corporation or association** from any and all liability or claims of whatever nature or kind which may arise in connection with the said participation, training, or instruction.

DATE \_\_\_\_\_ SIGNED \_\_\_\_\_

SIGNED \_\_\_\_\_

(Parent or guardian if participant a minor under 18 years of age)  
\$ 90.00 Before March 14th, \$ 100.00 at the door

### ASKF-2010

### WINTER KARATE CAMP

NAME \_\_\_\_\_

DEPOSIT \$ \_\_\_\_\_

TOTAL RECEIVED \_\_\_\_\_

RECEIVED BY \_\_\_\_\_

# ALL SOUTH KARATE FEDERATION TRAINING CAMP

## WELCOME TO A GREAT WEEKEND

- There is no greater teacher than experience
- Concentrated hard training
- Meet people from different schools
- Expand your knowledge of karate
- All facilities are air conditioned

## DATE

March 26th, 27th and 28th, 2010

## LOCATION

**Hodding Carter YMCA**, (662) 335-7258  
Greenville, Mississippi - Bill (662) 822-6489

## ELIGIBILITY

Any style karate student with over three months training.

## FEE

\$ 90.00 per person if registration is post marked  
March 14th or earlier.

\$ 100.00 Per person if mailed after March 14th and  
at the door.

## ACCOMMODATIONS

See back for information on hotels. Make reservations early to ensure space.

## OTHER INFORMATION

- All who attend will receive a participation certificate
- Instructor Trainees will receive one credit for attending the entire camp

## INSTRUCTOR

Chief Instructor JKA  
Southern Region . Former  
All Japan Grand Champion  
and Member of the  
Technical Committee WKF.  
USA Karate Federation Man  
of the Year 1989. In 1990 he  
was elected Instructor of the  
year by the Black Belt  
Magazine.  
President of the HOKUBEI  
Shihan Kai



**Master T. Mikami**

## SCHEDULE

### Friday March 26th

**4:30 pm:** Check in and registration for  
Dan exam

**6:00 pm till 8 pm:** Training All ranks

### Saturday, March 27th

**9am till 11am:** Training All ranks

**11:30am till 1:30 pm** Dan examination

**Test Fee & Membership \$ 30.00**

**Black & Brown belts must have a passport**

1st Dan \$ 80.00

2nd Dan \$ 100.00

3rd Dan \$ 120.00

**4:00 pm till 6:00 pm:** Training All ranks

### Sunday, March 28th

**9:00 am till 11 am:** Training All ranks

**11:30 am till 1:00 pm:** Kyu test -For  
Greenville Karate Club members

Members of other clubs may test with the  
permission of their instructor. Register at the  
Greenville YMCA Gym.

## WISDOM

### **Karate: Training for a life time**

By T. Mikami

1) Continuity of movement is strength and power. "Little drops of rain pierce the hard marble"

- Karate training is a life time exercise that improves not only the physical condition and helps to maintain a healthy body, but also strengthens the spiritual state of mind.
- While training, apply maximum effort to achieve optimum efficiency in the way the body is used.
- Training is also a medium for individual and group training as well as social interaction.
- Kata training teaches body control, speed, power and balance.

2) The following points are very important in the management of the physical functionality of the body conditioning and health improvement.

- Avoid overtraining and using excessive strength. After a long absence from training, start training gradually, do not overdue or over-stress.
- Hip, knee and ankle injuries are usually a sign of internal disorders.
- Over stretching the shoulder joint over the years causes what is known as the "fifty year old shoulder". As one grows older, one should avoid over stretching this joint.
- When training for the side kick, it is important to use the hip joint properly.
- The hip joint must follow the proper path of execution. The direction of the supporting leg has to be carefully controlled when executing a roundhouse kick.
- Proper control may avoid joint damage.
- Warming up prior to exercising is very important in promoting blood circulation.

How to avoid overuse of the body:

- Always warm up.
- Start slowly then gradually build up to full potential.
- Use natural body motions.
- Muscle memory is extremely important and it does not happen overnight.
- Using karate training methods such as the correct posture, hip strength, and applying this to daily activities can be preventive means of avoiding injury.
- Training does not have to be lengthy. Five or ten minutes of a daily routine with the proper stimulation of muscles, the use of abdominal strength versus back muscles, breathing, and proper application of karate training methods will be very beneficial in keeping the body strong and flexible. The key to training is following the right method for maximum correct stimulation of the body. It is more beneficial to train for a short time and do it right then not train at all for lack of time. Over time, with proper training, the body reacts naturally allowing for relaxation, speed and power to develop harmoniously at any age.