

## **AKS Summer Camp July, 17-18-19 2015**

### **Cost:**

AKS Members Cost for Weekend, Individual \$35.00  
Family \$50.00 Family consist of 2 or more people.  
Immediate family only.

Members of other styles Saturday Afternoon Only,  
Individual \$25.00  
Family \$50.00 Family consist of 2 or more people.

Saturday Evening Social to be announced

### **Friday, July 17th.**

2:00 to 5:00 PM Black Belt Testing Fred Reinecke's Studio

7:00 to 9:00 PM Black Belt Meeting Fred Reinecke's Home

### **Saturday, July 18th**

9:00 AM Registration Muskegon YMCA, 900 West Western Avenue.

10:00 AM 1 instructor and 1 assistant instructor from each club will work with the senior staff to fix any disagreements and errors in the AKS Hand book. **Please bring a copy of the AKS handbook marked up with corrections to be worked on.**

10:00 AM All others will be working with Tom Twining 7<sup>th</sup> Dan American Chidokwan. For those interested in competition Mr. Twining will be giving tips to improve your forms. If time permits he will present a fresh approach to self-defense training.

11:30 AM Brian Wolfiss 4<sup>th</sup> Dan AKS will present a program of self-defense, which he devised for working with Realtors.

12:00 Noon Lunch

1:00 PM Begin 3 Session Breakout.

1. Law enforcement submissions, how to use and teach. Mike Sullenger AKS Chief Instructor, 9<sup>th</sup> Dan.
2. Iaido sets. Jude Gore, 6<sup>th</sup> Dan AKS (Wooden Bokken or Samurai Sword needed)
3. Suikendo Sets, David Hayes 8<sup>th</sup> Dan Okinawan Shorin-ryu.

4:00 PM Open Sparring, Bring your gear.

5:00 PM End Training.

6:30 The Saturday dinner to be announced

### **Sunday, July 19<sup>th</sup>**

11:00 AM to 1:00 PM. Open Training, this will be held at Pere Marquette Park. Weather Permitting. Includes, Kobudo, Self Defense, Sparring. Anything you want to review from Saturday. Also bring action flex gear and protection if you like.