



MAINE

OSMKKF Workshop 2025

Hanshi John Shipes- 9th Dan

October 10th-13th Friday, Saturday and Sunday

THIS IS A GREAT TIME TO MEET AND TRAIN WITH OUR TEACHER.

PLEASE SUPPORT YOUR DOJOS BY MAKING ARRANGEMENTS TO BE AT **BOTH** DAYS.

DUE TO THE DISTANCE OF TRAVEL AND THE FACT THAT HANSHI JOHN SHIPES HAVE NOT HAD THE OPPORTUNITY TO TRAIN WITH MOST OF US, THESE WILL LIKELY BE LONGER TRAINING DAYS THAN WE WOULD NORMALLY HAVE SO BE PREPARED. THE PACE OF THE TRAINING WILL LIKELY BE MORE LAYED BACK AND SOME WHAT TECHNICAL IN NATURE. DO NOT HOWEVER FORGET TO USE PROPER PROTOCOL AT ALL TIMES. REMEMBER WE ARE ALL REPRESENTING OUR SCHOOLS AND OUR TEACHER.

***Cost of the entire two and/or three days of training:**

Single student \$85.00

Family(2 or more) \$100.00

Other OSMKKF members \$125.00*

******Please submit online registration and payment by September 15th******

Any registrations after this date will not be guaranteed a T-shirt at Camp!

Friday/Orrington

Sat./Brewer Auditorium

Sun./Orrington/Orland

<u>OSMKKF Members Only</u>	<u>OSMKKF Members Only</u>	<u>OSMKKF Members Only</u>
6:30pm-9:30pm	8:30am Arrival /Line up	8:30-Arrival /Line up
• Black Belt Basics	9:00 am-12:00 –	9:00am-9:30am-Basics
• Kata practice	Basics exercises and Kata	TUITE WITH HANSHI
(new kata)	(new kata-rank specific)	12:00pm-1:30pm Lunch
• 5 -Ground	12:00pm-1:30 pm-Lunch	1:45pm-4:45
Techniques	1:30 pm-4:30 pm -Kobudo	Special Training
• Ippone Kumite	(new kata -rank specific)	Sai-Tai-Sai & Bo-Tai-Sai
• Tuide with Hanshi	4:45pm-5:00 pm group photos	eligible green belts and above
	6:00 PM Dinner!! TBD	6:00 PM Dinner!! TBD