

FOOD SERVICE

All meals are prepared fresh daily, on the premises by our resident chef. Unlimited quantities of fresh salads, fruit, and an assortment of entrees cold and hot will be served for each meal.

Snacks are available in the dining hall. Please **DO NOT** bring snacks to your cabin. This is a natural environment and critters can and will help themselves to your munchies.

TRAVEL INFORMATION

Camp Fatima is located off Old Stage Road in Gilmanton NH.

Closest airport : Manchester NH

Come join us to awaken and release the DRAGON within!



Kajukenpo Pai Lum Federation Summer Training 2010

Sharyl Geisert
142 Calef Hill Rd
Tilton, NH 03276



BLACK BELT Training
Sat Aug 21st 5:00-9:30p
Sun Aug 22nd 9:30-3:00p.

**August 22th-26th
Summer Training**

**Kajukenpo Pai Lum Federation
Summer Training 2010**

Call 603-998-9012
For more information

Bill Gregory's Kajukenpo Pai Lum Federation

presents

White Dragon Summer Training 2010

The KPLF summer training event has one of the most highly qualified staff on the east coast. Each Black Belt instructor brings with them a minimum of 25 years of training and teaching experience in karate, kung fu, Tai chi, qigong, kumite and/or traditional weapons.

Training will involve techniques, progression skills, combinations drills, offensive and defensive strategies weapons, internal arts and empty hand kata.

This event is open to ALL RANKS and ALL styles, ages 12 and older.

NO Experience necessary!!!

Get your registration in early. Space is limited.

Sign in begins at 4pm Sun 8/22/10

1st session begins promptly at 6:30pm

Check out: Thursday Noon.

Make payment to:

Kajukenpo Pai Lum Federation (KPLF)

** **BLACK BELT TRAINING** **
** **Sat Aug 21st & Sun 22nd** **

Achieving the rank of Black belt in any style takes hard work, sacrifice, perseverance, determination and commitment. To hold on to that level of achievement one must continue to learn, train and dedicate oneself to the arts.

This year KPLF will again be holding a **Black Belt ONLY advanced training** for 2 sessions at our Summer Training 2010. We encourage all interested in enhancing their knowledge and/or renewing their commitment to themselves and the arts, to join us for the weekend.

Saturday evening 1st session: 5p-9:30p
Sunday 9:30a-3:00p

Karate Kids Summer Day Camp

The AWESOME Summer Alternative

Mon—Wed 10am-4:00pm

- Intro to various styles of Martial Arts
- Basic Karate Skills
- General Physical Fitness
- Swimming
- Awards
- Karate Crafts
- Child Safety Classes and more
- Awards/skit Family Night Wed 5pm-7pm

Limited 20 day campers

Registration Form

Circle Selection: Price KPLF Mem

Overnight Sun-Thur \$235 \$200

Day Training Only \$55 \$35
Includes lunch

Black Belt Training \$110 \$99
Sat 5-9:30p, Sun 9:30a-2p
Includes meals and overnight

Black Belt Training \$55 \$45
Per session
Sat 5-9:30p, Sun 9:30a-3p

Kids Day camp ages 7-12 \$120 \$99
Overnight extra \$10 per night: by permission only

Name _____
Address _____
Phone _____
E-mail _____
Emergency Contact and Phone _____

Payment Method

Check _____

Cash _____

Dragon Dollars (up to 50%) _____

Waiver of responsibility: IN participating in the KPLF Summer Training 2010 I for myself, my executors, administrators and assigns, due hereby release and discharge the KPLF any and all staff, Camp Fatima, the municipality of Gilmanton NH and property where the activity will take place and their agents from all claims of damages, demands, actions and causes whatsoever in any manner arising or growing out of my participating in this event.

Signature _____

Mail to

Sheryl Galsert

142 Calef Hill Rd

Tilton, NH 03276 e-mail: sgalsert@metrocast.net

Phone 603-998-9012

fax 603-286-3663