

**The Official Program of the International Jundokan Gashuku Training Camp
Szent István University, Gödöllő, Hungary**

20th July 2006

2.00 pm-7.00 pm Registration on the venue
8.00 pm-10.00 pm Official opening ceremony and reception
(Please be dressed – long pants, shirts, shoes)

21st – 25th July 2006

07.00 am-8.00 am: Practising kata outdoors - free dress (only above 3rd dan)
07.00 am-8.00 am: Walking and running, wake up training outdoors (under 3rd dan)
8.00 am: Breakfast
10.00 am-12.30 am: Training for everyone in the sports hall - Kyhon, Ippon Kyhon, Goju applications (Do Gi, possible with T-shirt)
12.30pm: Lunch
3.00 pm-4.30 pm: General Trainings in separate groups on KATA (up to green, above green, brown + Sho dan) in the sports hall and outdoors.
4.45 pm-6.15 pm: Separate Special Training for Yudansha on KATA
6.00 pm: Dinner
7.00 pm: Lectures - **Budo** and the **Art of Teaching** (separated according to languages)

25th July 2006

10.00 pm Sayonara party at the venue (entry free)

26th July 2006

6.30 am-8.00 am: Senior Training - outdoors - free dress (**only 3rd dan and above**)
6.30 am-8.00 am: Walking and running, wake up training outdoors - free dress (**under 3rd dan**)
8.00 am: Breakfast
10.00 am-12.00 am: **Official Jundokan Grading for Yudansha - you must request, register and pay on arrival**
1.00 pm-3.00 pm: Checking out
3.00 pm: Departure to Budapest (**for those who reserved accommodation after the camp**)

The following program is not part of the training camp, it is optional, and has been very popular in the previous years. If you want to take part in any or all of them, please let us know when you apply for the camp. We organize accommodation for groups in Budapest (the price is 30-50 Euros/night). You find more information about it below. Let me call your attention to the fact that the camp falls on the height of the tourist season, so we might be able to secure accommodation for this favourable price if you let us know that you need it until the registration deadline, and transmit the 100 Euros deposit.

26th July 2006

6.00 pm: Check in

27th July 2006

Free

28th July 2006

All-day bus tour. Destination: Budapest – Pandorf (Austria) shopping centre – Siófok, Lake Balaton (boat-trip) – Budapest.

29th July 2006

For those who like extreme challenges: all-day special trip to Europe's longest and one of the world's most beautiful stalagmite caves. The six-hour-long special trip takes you through undeveloped parts of the cave that are not accessible to the public. Destination: Budapest – Aggtelek – Budapest.

We are willing to help you in organizing any other programs at Budapest or in the country, but please, let us know your demands when you apply for the camp.

We are looking forward very much to share with you and yours this unique experience of hosting the Senior Teachers of the Jundokan Dojo with the leadership of Miyazato Kancho.

Most sincerely, always

Dr. Rony KLUGER