

Sensei Ron Fagan's

# *Gasshuku 2009*

Granton, Pictou County,  
Nova Scotia, Canada



# Things to know.....

**Who:** Open to all Belts, Juvenile 13 yrs + and Adults

Juveniles 13 – 17 yrs old are required to have parental supervision. Metro Karate Training Centre, Michelin Tire, their owners, volunteers or any designates are not responsible for supervising minors under 18 years of age, outside of scheduled class times. Parents of minor children accept full responsibility for their children, whether parents remain onsite or not and must sign Registration/Consent Forms.

**When:** August 28, 29, 30 (weekend before Labour Day)

**Where:** Michelin Tire Recreation Centre, Granton  
Pictou County, Nova Scotia (See Directions)

**Cost:** \$50.00 per day (train Friday night or Saturday or Sunday)  
or \$100.00 for the entire weekend

**What:** This year the training focus will be:

- **IPPON Kumite**
- **Testing**

**Transportation:** Sign up for drive sharing at MKTC or [metrokarate@ns.sympatico.ca](mailto:metrokarate@ns.sympatico.ca) if you require an airport pickup

# Tentative Training Schedule...

Friday, August 28

- 7:30 pm – 9:30 pm TRAINING

Saturday, August 29

- 7:30 am – 9:00 am TRAINING
- 9:00 am – 9:50 am Canteen Breakfast available at \$4.00 / person
  - FREE BREAKFAST: For the first 50 pre-registered, full weekend participants
    - MKTC members; forms and payments must be received to be counted as first 50
    - Outside MKTC: Email in your registration form to be counted then call to arrange payment
  - For planning purposes:
    - Participants indicate your preference for breakfast on your registration form
    - Friends and family, please notify Darlene Fagan, if you intend to use the canteen
- 10:00 am – 11:30 am TRAINING
- 11:30 am – 1:30 pm REST PERIOD
- 1:30 pm – 3:00 pm TRAINING
- 4:00 pm – 5:00 pm TRAINING
- 5:15 pm BARBEQUE
  - FREE for all Gasshuku participants or \$2.00 / person for friends and family
  - Hotdogs, hamburgers and juice beverages will be provided
  - For planning purposes:
    - Friends and family, please notify Darlene Fagan, if you plan to attend the BBQ

**First 50 Pre-Registered  
Full Weekend Participants  
FREE Saturday Breakfast**

Sunday, August 30

- 7:30 am – 9:00 am TRAINING
- 9:00 am – 9:50 am Canteen breakfast available at \$4.00 / person
  - For planning purposes:
    - Participants indicate your preference for breakfast on your registration form
    - Friends and family, please notify Darlene Fagan, if you intend to use the canteen
- 10:00 am – 12:00 pm FINAL CLASS
- 12:00 pm SITE CLEAN UP

# *Training Supplies...*

- ❖ **Fist, Mouth, Groin Protectors**
- ❖ **Hat** (a must or you will get burned & sick)
- ❖ **Sunscreen** (a must or you will get burned & sick)
- ❖ **Sun Glasses** (a must or you will get burned & sick)
- ❖ **Training Shoes** (suitable for lots of outdoor running / training)
- ❖ **Water and Sport Drinks** (you will need / want LOTS of both)
- ❖ **High Energy Snacks / Meals**

# *Lodging options...*

- ❖ Tenting or campers on-site
- ❖ Sleeping in dojo on mats
  - Please note, Juveniles 13 – 17 yrs old require parental supervision in order to stay onsite overnight or a pre-arranged agreement for an adult to take responsibility for each minor child must be in place, prior to the event. Parents must sign Registration / Consent Forms in advance.
- ❖ Local hotels/motels
  - <http://www.tourismpictoucounty.com/placestostay.html>
    - The Pictou County Tourist Association
  - <http://www.countryinns.com>
    - Country Inns & Suites (1-800-456-4000)
  - <http://www.comfortinn.com>
    - Comfort Inn (902-755-6450)
  - <http://www.holidayinn.com>
    - Country Inns & Suites (1-800-456-4000)

# *Directions...*

## ❖ **To Camp...**

- Take Truro Turnoff to the 104 (Exit 15E - New Glasgow/Cape Breton)
- Approx. 52km to Exit 21
- Turn left at Stop sign (West to Alma)
- It's 1.8km to "Granton"
- Turn at the old Irving Station
- It's 4km to Camp "Michelin Rec Centre"

## ❖ **To Hotels...**

- Take Exit 23, Left at stop sign "50 yds"

*For more information...*

***For updates or additional information:***

**Contact Sensei Ron Fagan** (Metro Karate Training Centre)

902 – 461 - 0808 (dojo)

902 – 466 – 4154 (home)

[metrokarate@ns.sympatico.ca](mailto:metrokarate@ns.sympatico.ca)



**In the USA:**

**Contact Andrew Moores** (Atlantic Karate Training Center)

603 – 498 – 1615 (cell)

[aemkarate@yahoo.com](mailto:aemkarate@yahoo.com)

