


The Ultimate Karate Fighters Boot Camp 2015

Friday 31 July to Sunday 2 August • University of Kent, Canterbury



I would like to take this opportunity to welcome you to the 2nd Ultimate Karate Fighters Boot Camp, and to thank you all for accepting this challenge.

This event is delivered in partnership with The University of Kent. I am sure you will agree the Canterbury campus is not only a great venue, but also a beautiful place to visit.

The main objective behind this Boot Camp is to provide a program of elite training, covering a wide range of aspects relating to Kumite and preparing for major competitions.

The Boot Camp will give attendees a firm idea as to what it takes to succeed, and provide the necessary training tools and ideas to develop their own ideas about how to progress within this sport.

All the fitness trainers selected to participate in this event are specialists within their field. Whilst on the camp all athletes will have the opportunity to participate in a range of activities including Sprint Training, Exercising to Music and Cross Fit.

The inclusion of Elisa Au Fonseca and Alexandre Biamonti was indeed an easy choice. These are two athletes/trainers that I have admired for a very long time, and we will all have the pleasure and opportunity to share in their knowledge.

The Concept/Goal of The Ultimate Karate Fighters Boot Camp is simple:

'Elite Quality Athletes, training with Elite Quality Trainers producing Elite Results.'

I look forward to seeing you, and having a great time with you in Canterbury.

Take care,
Dr. Wayne Otto OBE

Instructors



Dr. Wayne Otto OBE

Nine times World, nine times European Champion and National Coach for **Norway**

Wayne Otto OBE, nine times World and European Karate Champion is proud to present The Ultimate Karate Fighters Boot Camp 2015. This is an event not to be missed.

Book your place on The Ultimate Karate Fighters Boot Camp and find out what made this legendary fighter one of the most successful Karate fighters ever!

As host of this event, Wayne is ready to share with you his training methods, secrets and his mental pathway to success.

Elisa Au Fonseca

Three times World Champion, four times Pan American Champion USA

The first American woman ever to win a World Karate Federation championship, Elisa topped that 2002 performance by taking home two individual gold medals at the World Championship competition in 2004 – the first time anyone had ever accomplished that feat.

Elisa's popularity and success at Boot Camp 2014 makes her the natural choice to grace these shores again and participate at The Ultimate Karate Fighters Boot Camp 2015.



Alexandre Biamonti

Six times World Champion, 19 times European Champion, National Coach for France

The Ultimate Karate Fighters Boot Camp 2015 features Alexander Biamonti six times World Champion, 19 times European Champion, 11 times French Champion. Alex is considered as one of the best Karate Competitors of all time, and is currently a highly successful coach for the French National Team.

This event will be Alexander Biamonti's second appearance giving athletes in the UK another opportunity to train with one of the icons of this sport.





Raik Tietze – Norway/Germany

World Jiu-Jitsu Champion and Plyometric and Cross Trainer Expert

Elite Sports Trainer for Combat Sports Specialist.
Master in Sport Science at University of Leipzig Germany.

Other Martial Arts background includes: Karate, Taekwondo, Brazilian Jiu-Jitsu, Judo and MMA.

Greg Francis – England

World Champion Silver medalist and Fit2Fite Founder and Trainer

Greg Francis 5th Dan World Silver medalist and former assistant England Karate Coach will feature at the Ultimate Karate Fighters Boot Camp 2015.

After retirement from competition, Greg trained as a Fitness Instructor and developed his own training system FIT2FITE – Fighting Moves to Funky Grooves. This unique combat class tailors uplifting dance music to practical karate techniques forging a practical sport specific workout.



Albert Foresythe – England

Sprint Trainer and England International

A former sprinter for Nigeria, Albert focuses on using different sprinting exercises to aid Kumite Athletes of all levels.

Currently Albert is a Personal Trainer specializing in his unique brand of weight loss fitness regime and hard-core training drills.

Tarek Amin – Egypt/Austria

Mental Trainer Coach

Tarek is the former Mental Coach of the Egyptian Karate national team that successfully topped the medals table at the World Karate Championships in 2014. He is now currently the Mental Coach of the Austrian national team and is a welcome addition to the Ultimate Karate Fighters Boot Camp 2015.



Important documents to return

Once you have registered for The Ultimate Karate Fighters Boot Camp on Sportdata.com, please download, sign and return the following documents by emailing UKFBootCamp@gmail.com before **Monday 27 July 2015**.

Document checklist

- The Ultimate Karate Fighters Boot Camp Athletes participation form
- Kent Sport GUEST PARQ/Waiver
- Photographic and audio-visual release/consent form
- Parent and Guardian Sports Centre membership form
- Sports Centre membership terms and conditions

The Ultimate Karate Fighters Boot Camp package options

The Ultimate Karate Fighters Boot Camp

Option 1 Three day Boot Camp participation only £100

Shared accommodation options for five or six bedroom Park Wood Housing

The rates below are all charged per person per room within the shared accommodation.

Option 2 Three day Boot Camp participation + accommodation only £190

Option 3 Three day Boot Camp participation + Bed and Breakfast only £210

Option 4 Three day Boot Camp participation + Half Board only £245

En-suite single room accommodation options at Park Wood

The rates below are all charged per person per room within the shared accommodation.

Option 5 Three day Boot Camp participation + accommodation only £195

Option 6 Three day Boot Camp participation + Bed and Breakfast only £215

Option 7 Three day Boot Camp participation + Half Board only £250

En Suite accommodation Options at Keynes and Turing accommodation

Option 8 Three day Boot Camp participation + Bed and Breakfast £430 Double
(£215 per person)

Option 9 Three day Boot Camp participation + three nights Half Board £500 Double
(£250 per person)

Accommodation in shared household options

Option 10 Room only £30 per day

Option 11 Room + Bed and Breakfast £40 per day

Option 12 Room + Half Board £50 per day

En-suite single room accommodation options at Park Wood

The rates below are all charged per person per room within the shared accommodation.

Option 13 Three day Boot Camp participation + accommodation only £35 per day

Option 14 Three day Boot Camp participation + Bed and Breakfast only £45 per day

Option 15 Three day Boot Camp participation + Half Board only £55 per day

En-suite accommodation options at Keynes and Turing accommodation

Option 16 Double en-suite, Bed and Breakfast £110 per day

Option 17 Double en-suite, Bed and Breakfast plus evening meal £135 per day

The Ultimate Karate Fighters Boot Camp sports pack – £23

Pre-order your Ultimate Fighters Boot Camp sports pack which includes:

- The Ultimate Karate Fighters t-shirt - S/M/L/XL
- University of Kent 50th anniversary towel
- The Ultimate Karate Fighters water bottle
- Kent Sport special edition Karabiner key-ring
- Kent Sport 50th anniversary bike seat cover
- The Ultimate Karate Fighters Boot Camp Poster
- The Ultimate Karate Fighters Training Dairy Book

Be prepared as soon as you walk through the door. All for only £23.

The Ultimate Karate Fighters Boot Camp discounted sports membership offer – £14

The University of Kent's pre-booked membership deal for parents and guardians gives access to the fitness suite, a range of fitness classes and facilities including bike hire.*

Membership for parents and guardians provides access from Thursday 30 July to Sunday 2 August inclusive.

Download application from Sportdata.com and return form to UKFBootCamp@gmail.com.

*All are offered subject to availability.

** Usual price is £6.10 per activity plus a £6.30 joining fee.



University of Kent campus

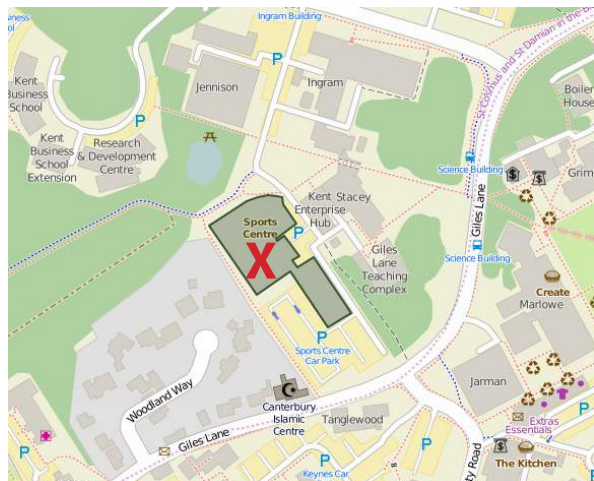
Staying on campus?

Visit www.kent.ac.uk/directions to view details on how to get to the University of Kent campus.

On arrival, report to the Boot Camp Information Centre, located in the Hall 3 office at the Sports Centre (see map on right). You will then receive details of your room allocation.

Satellite navigation

The postcode for University Road is CT2 7NP. Then follow signs for visitor parking.



Registration

Registration for The Ultimate Karate Fighters Boot Camp 2015 will be Thursday 30 July between 3pm and 7pm, and Friday 31 July between 6am and 6.45pm in the Boot Camp Information Centre located in the Sports Centre.

You may register online at www.sportdata.org/karate/set-online. All payments for the event and collection of your group colour and timetable will be here.

If you have already paid in advance, please bring your receipt as proof of payment. All other payments will be made prior to your first training session. Please note only cash payments (GBP) will be accepted on the day.

Boot Camp Information Centre

The Boot Camp Information Centre will be open daily for the duration of the camp from 9am to 11am. Visit or call on 01227 824 040 or call Wayne Otto on 07725 802 525.

Training

All training times are fixed (see timetable). Please ensure that you arrive at all training session at least five minutes prior to the start of the session. All athletes will arrive at the morning sessions **15 minute** before it formally starts in order to warm up.

Training Clothing and Equipment

Morning sessions: Tracksuit, gym wear, track wear, trainers (indoor and outdoor)

Karate session: White Gi bottoms and white or light coloured t-shirt or long sleeve top/full white Karate Gi/suit optional.

Randori fight session: Full white Karate Gi/suit only.

Additional Equipment

For each of the training sessions, all athletes must bring full protective equipment necessary for Kumite i.e. WKF approved hand pads, chin and instep pads, gum shield (body amour optional).

In addition all athletes will bring one pair of focus pads, water bottle and a spare red or blue belt.

Morning sessions do not require equipment mentioned above unless otherwise stated.



University shops and restaurants

Catering/Bar outlet information

www.kent.ac.uk/catering

Campus Shops

Please be advised that the opening hours below are for Park Wood shop during the summer.

Mondays to Fridays 8am to 2pm and 6pm to 10pm.

Saturdays/Sundays 10am to 4pm.

The main campus shop, 'Essentials' is open the following hours:

Mondays to Fridays 7am to 10pm

Saturdays/Sundays 9am to 10pm

Restaurants/places to eat during the day on campus

Pavilion Café Bar open 8am to 10pm.

Rutherford College open 12pm to 1.45pm.

Dolche Vita offers snacks only between 9.30am and 4pm. Hot food is served between the hours of 12pm and 3pm. Closed on Saturday/Sunday.

Gulbenkian Café open 12pm and 8.30pm.

Canterbury City Centre is a five minute drive or 15-minute walk from campus.

Sample menu for half board

Breakfast

Bacon Rolls with selection of cereals and teas, coffees and juices .

Evening meal one

Chicken or Veggie Korma with rice, poppadum's and mango chutney. Fruit salad dessert.

Evening Meal two

Lasagne (veggie option available) with garlic bread, salad. Cheese cake dessert.

Evening Meal three

Chicken on the bone with lemon and thyme, new potatoes and vegetables. Veggie option blackened pepper with couscous. Apple crumble for dessert.

Day one timetable

Day one

Friday 31 July 2015

7am to 8am

Greg Francis

Fit 2 Fite session

Main Hall

Group 1

Session 1

Albert Forsythe

Run and Sprint session

Outside / Inside

Group 2

Raik Tietze

Circuit/plyometric session

Hall 3

Group 3

8.15am to 9.15am

Breakfast

9.30am to 11am

Wayne Otto

Main Hall

Group 1

Session 2

Alexander Biamonti

Hall 2

Group 2

Elsa Au Fonseca

Hall 3

Group 3

11.15am to 12.45pm

Wayne Otto

Main Hall

Group 3

Session 3

Alexander Biamonti

Hall 2

Group 1

Elsa Au Fonseca

Hall 3

Group 2

1pm to 2.30pm

Lunch

3.15pm to 4.45pm

Session 4

Tarek Amin: Mental Training Coach, Lecture Theatre TBA, All Groups 1, 2 and 3

5pm to 6.30pm

Wayne Otto

Main Hall

Group 2

Session 5

Alexander Biamonti

Hall 2

Group 3

Elsa Au Fonseca

Hall 3

Group 1

6.45pm to 7.30pm

Session 6

Randori fight session (12 x two-minute rounds), training to be arranged by Greg Francis

All group training session, Main Hall

8pm to 9pm

Dinner

End of day one

Day two timetable

Day two

Saturday 1 August 2015

7am to 8am

Greg Francis

Fit 2 Fite session

Main Hall

Group 3

Session 7

Albert Forsythe

Run and Sprint session

Outside / Inside

Group 1

Raik Tietze

Circuit/plyometric session

Hall 2

Group 2

8.15am to 9.15am

Breakfast

9.30am to 11am

Wayne Otto

Hall 3

Group 1

Session 8

Alexander Biamonti

Main Hall

Group 2

Elsa Au Fonseca

Hall 2

Group 3

11.15am to 12.45pm

Wayne Otto

Hall 3

Group 3

Session 9

Alexander Biamonti

Main Hall

Group 1

Elsa Au Fonseca

Hall 2

Group 2

1pm to 2.30pm

Lunch

3.15pm to 4.45pm

Session 10

Tarek Amin: Mental Training Coach, Lecture Theatre TBA, All Groups 1, 2 and 3

5pm to 6.30pm

Wayne Otto

Hall 3

Group 2

Session 11

Alexander Biamonti

Main Hall

Group 3

Elsa Au Fonseca

Hall 2

Group 1

6.45pm to 7.30pm

Session 12

Randori fight session (12 x two-minute rounds), training to be arranged by Greg Francis

All group training session, Main Hall

8pm to 9pm

Dinner

End of day two

Day three timetable

Day three

Sunday 2 August 2015

7am to 8am

Greg Francis

Fit 2 Fite session

Main Hall

Group 2

Session 13

Albert Forsythe

Run and Sprint session

Outside / Inside

Group 3

Raik Tietze

Circuit/plyometric session

Hall 2

Group 1

8.15am to 9.15am

Breakfast

9.30am to 11am

Wayne Otto

Hall 2

Group 1

Session 14

Alexander Biamonti

Hall 3

Group 2

Elsa Au Fonseca

Main Hall

Group 3

11.15am to 12.45pm

Wayne Otto

Hall 2

Group 3

Session 15

Alexander Biamonti

Hall 3

Group 1

Elsa Au Fonseca

Main Hall

Group 2

1pm to 2.30pm

Lunch

3.15pm to 4.45pm

Session 16

Tarek Amin: Mental Training Coach, Lecture Theatre TBA, All Groups 1, 2 and 3

5pm to 6.30pm

Wayne Otto

Hall 2

Group 2

Session 17

Alexander Biamonti

Hall 3

Group 3

Elsa Au Fonseca

Main Hall

Group 1

6.45pm to 7.30pm

Session 18

Trainer to be arranged possibly Wayne Otto

All group training session, Main Hall

8pm to 9pm

Dinner

End of day three



The Ultimate Karate Fighters Boot Camp 2014


Registration and payment

To register and book your place on The Ultimate Karate Fighters Boot Camp 2015, please visit www.sportdata.org/karate/set-online/

For further details contact UKFBootCamp@gmail.com, Dr Wayne Otto OBE or phone +44 7725 802 525.

 @UniKentSports
facebook.com/KarateBootCamp
kent.ac.uk/sports/karatecamp

University of
Kent | **SPORT**



KARATE KUMITE GUIDE

By

Dr. Wayne Otto O.B.E

Multiple European & World Champion

Edited by Raik Tietze

Available for download from iTunes and Andriod devices.

Kent Sport GUEST PARQ/Waiver

University of Kent, Sports Centre, Canterbury, Kent CT2 7NL

I hereby acknowledge as a Guest Member that I wish to waive the Kent Sport Orientation and by signing below agree to abide by the terms and conditions of use and take full responsibility for using the facilities. I also acknowledge that I will complete the PARQ below accurately and inform a Member of Sports Centre staff of any new medical contraindication to exercise.

Guest Name		Sex	Male <input type="radio"/> Female <input type="radio"/>
Contact email		Age	
Waiver signature		Date	

If you have any concerns about undertaking any activity or exercise, please contact your GP prior to using Kent Sport facilities or speak to a member of the Kent Sport Team. Please complete every question below and note that all details will be treated with the strictest confidentiality.

PLEASE ANSWER YES OR NO TO ALL QUESTIONS		YES	NO
1	Have you felt pain in your chest during physical activity in the last 6 months?		
2	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?		
3	Do you lose your balance, become dizzy or have you ever lost consciousness as a result of physical activity?		
4	Do you have a bone or joint problem that could be made worse by a change in your physical activity levels?		
5	Is your doctor currently prescribing drugs for blood pressure or a heart condition?		
6	Do you know of any other reason why you should not do physical activity?		
PLEASE ADD ANY NOTES ON THE REVERSE OF THIS PAGE			
7	Have you or any family members ever suffered from a heart disease/condition?		
8	Do you suffer from Asthma, Emphysema or Diabetes?		
9	Have you ever visited a Doctor because of severe headaches or migraines?		
10	Do you consistently suffer from severe back pain?		
11	Are you recovering from any recent illness, injury or operation?		
12	Are you pregnant or have you given birth in the last 12months?		
13	Do you have any medical conditions other than those you have already mentioned that restrict your physical activity ability?		

Instructor:

LMS JOINED

www.kent.ac.uk/sports

PHOTOGRAPHIC AND AUDIO-VISUAL RELEASE/CONSENT FORM

I, the undersigned, do hereby grant the University of Kent, its employees, associates or agents the right to take photographs, audio or digital recordings of me and use these in any and all media, now or hereafter known, in perpetuity and exclusively for marketing and promotional activities of the University. I understand that there will be no financial or other remuneration for recording me, either for initial or subsequent transmission or playback and I hereby release the University of Kent from any liability resulting from or connected with the publication of such work.

I understand that my image may be edited, copied, exhibited, published or distributed in all media, including print, and I waive irrevocably any "moral rights"¹ in them. Additionally, I waive the right to inspect or approve the finished product wherein my likeness appears and any right to royalties or other compensation arising or related to the use of my image or recording. I also understand that this material may be used in diverse educational settings within an unrestricted geographic area. I further consent that my name, likeness and identity may be revealed within the recording or by descriptive text or commentary and that the same can be used by the University of Kent for publicising and promoting the use of these recordings. Copyright in any images and recordings made belongs to the University of Kent.

I understand that I have the right to ask the University of Kent to stop using my image or a recording of me in any future publications or products. However, I note that the University cannot recall publications or multi-media products in which my image or contribution has already appeared.

I do hereby release to the University of Kent, its agents, and employees all rights to exhibit this work in print and electronic form, publicly or privately, and to market and sell copies. By signing this release I understand this permission signifies that photographic or video recordings of me may be electronically displayed via the Internet or in the public educational setting.

I hereby release the University of Kent, its associates, directors, officers, agents, employees and students, and appointed advertising agencies, their directors, officers, agents and employees from all claims of every kind on account of such use.

This release form is the whole and only agreement relating to my contribution and shall be governed by English law. I represent that I am at least 18 years of age, have read and understand the foregoing statement, and am competent to execute this agreement.

The information you provide on this form will be used to administer the use of photography and audio-visual data. The University of Kent undertakes to comply with the provisions of the Data Protection Act and with its own policy and procedures.

Title of recording:

Name:

Programme of study:

Student ID number:

E-mail:

Signature:

Date:

The Ultimate Karate Fighters Boot Camp 2015

Friday 31 July to Sunday 2 August • University of Kent, Canterbury

Parent and Guardian Sports Centre membership form

Parents and guardians attending the Ultimate Karate Fighters Boot Camp may obtain a four-day membership pass for the University of Kent Sport Centre and take full advantage of all the classes and facilities during their time at the Boot Camp.

The membership fee is £14 per person.

Please fill in the form below and return to UKFBootCamp@gmail.com.

Name _____

Address _____

Phone Number

Mobile _____

Home _____

Email address _____

Date of Birth _____

Please return this document no later than **Monday 27 July 2015**.

Please ensure that you read and understand these terms and conditions before you sign and submit your application for membership.

Membership types

Student Available to current full time and part time students of the University of Kent. Membership is on an annual basis beginning 1st September and ending 31st August each year.

Staff Available to current regular ongoing contracted full time and part time members of University of Kent staff and their partners. Membership is on an annual basis.

Public Available to all members of the community.

Junior Available to under 18s or those in full time education.

Alumni Available to ex University of Kent students and staff.

Gold Membership allows access to the facilities at all times.

Silver Membership allows access to the fitness suite weekdays 7-9am and 2-4pm, Saturday 10am-12pm and Sunday 10am-12pm, Bank Holidays 10am - 12pm access to all other facilities at any time.

Bronze Membership can use the facilities on a pay per activity basis.

Access times may be subject to change or additional restrictions. Any changes or restrictions will be published at reception and on our website.

Basis of membership

Your application for membership is an offer by you to enter into a binding contract with us which we are free to accept or decline at our discretion.

These Terms shall become binding on you and us when we accept your application for membership by issuing you with a membership card or validating your Kent One Card.

If you are found to have lent your membership card to anyone else you will have your membership revoked immediately.

Membership fees

The fees due and payment options available are set out on our website. Membership fees are reviewed annually by 1st September.

All fees must be paid up to date before you can use the facilities.

Physiotherapy Clinic

All physiotherapy services must be paid for in full at the time of booking. Failure to make payment and attend may result in your membership being suspended until the debt is cleared.

Cancellation and renewal

By applying for any type of membership you commit to remaining a member for the agreed term of your membership (unless otherwise agreed in writing). You cannot cancel your membership within this time and refunds will not be given.

Annual members wishing to continue their membership after 12 months must re-apply by completing the relevant application form.

If you are prevented from using the facilities for more than 4 continuous weeks due to injury or prolonged illness we may,

at our discretion, waive our cancellation policy or extend your membership term. Medical evidence, for example a letter from your doctor will be required in these circumstances. In the event that we waive our cancellation policy we reserve the right to retain a £20 administration fee from any refund.

Using the facilities

All facility rules and instructions must be adhered to whether displayed in notices or given verbally by staff. We reserve the right to terminate your membership for a serious or repeated breach of our rules or these Terms or if we are unable to offer the facilities for use.

Membership cards must be presented at reception on each visit, and will be required to gain access through turnstiles around the centre. Kent Sport reserves the right to refuse entry to anyone without a valid membership card. Membership cards will be retained by reception as security for hired equipment, charges are payable for late returns and breakages. Details of these charges are available at reception.

Members (except Bronze) may book facilities and classes up to 7 days in advance. Bronze members can book up to 3 days in advance. Bookings may be restricted at peak times and back to back bookings are not permitted. BUCS (British University and Colleges Sports) fixtures have priority over all other bookings and matches may overrun which may cause bookings to be delayed or cancelled.

There may be some restrictions to the facilities available during the University exam sessions. Details of any restrictions will be displayed at reception and published on our website.

You should arrive in plenty of time for your activity as long queues are likely at busy times. If you are more than 15 minutes late for your booking the facility may be released. You must arrive at least 5 minutes before your class; unattended classes/bookings may incur a penalty fee which will be applied at our discretion to offending members.

Suitable sports clothing and clean non marking indoor shoes must be worn when using the facilities; blades/ metal studs are not allowed on the synthetic pitches. You are required to have a towel with you for use in the Fitness Suite. If you do not adhere to this term you may be asked to leave.

Limitation of liability

By applying for membership you warrant that as far as you are aware engaging in exercise by using the facilities will not have an adverse impact on your health. If you are in any doubt or currently suffer from any medical condition you should consult your doctor before applying for membership or using the facilities.

It is your responsibility to ensure that you know how to use the facilities and operate any equipment safely. If you are in any doubt you should ask a member of Kent Sport staff.

All new users of the fitness suite must attend an orientation to ensure they understand how to operate the gym equipment safely. Orientations are free of charge. Should you suffer an injury whilst using the facilities you must inform a member of staff.

We will not be liable to you for death or personal injury caused as a result of using the facilities unless it is caused by our negligence.

All bags and other personal items must be stored in the lockers provided whilst using the facilities. Bags are not permitted in the fitness suite. Photography is not permitted without prior agreement.

We will not be liable to you for any loss or damage to your property whilst using the facilities unless that loss is caused by our negligence.

Data protection

We will only use your personal information to enable us to provide the facilities/services to you or to inform you about the facilities/services. We will not pass your data to third parties. All data is processed under the Data Protection Act 1998.

General

If any provision of these Terms is found to be invalid, unenforceable or illegal it shall be severed from the remaining Terms which will remain valid to the fullest extent permitted by law.

If we do not exercise any of our rights or remedies under these Terms that will not mean that we have waived such rights or remedies.

A person who is not party to these Terms shall not have any rights under or in connection with then under the Contracts (Rights or Third Parties) Act 1999.

These Terms shall be governed by English law and you and we both agree to the non-exclusive jurisdiction of the English Courts.

We reserve the right to change these Terms the current version of which shall be published on our website.

Please sign and date to agree to these terms and conditions

Print Name.....

Signed.....

Date.....

Email address.....

The Ultimate Karate Fighters Boot Camp 2015

Friday 31 July to Sunday 2 August • University of Kent, Canterbury

The Ultimate Karate Fighters Boot Camp athletes participation form 1 of 2

Place athlete photo here

Once you have registered and paid for the event online at www.sportdata.org/karate/set-online, please fill the form in below and send to UKFBootCamp@gmail.com.

Athletes name _____

Address _____

Mobile _____ Home _____

Email address _____

Date of Birth _____ Age _____

Nationality _____

Club/Association _____

Grade _____

Level of Kumite experience: (Please tick as appropriate)

Please note anyone without the relevant experience will not be allowed to attend this Boot Camp.

Regional National International

The Ultimate Karate Fighters Boot Camp 2015

Friday 31 July to Sunday 2 August • University of Kent, Canterbury

The Ultimate Karate Fighters Boot Camp athletes participation form 2 of 2

Once you have registered and paid for the event online at www.sportdata.org/karate/set-online, please fill the form in below and send to UKFBootCamp@gmail.com.

Please state Boot Camp option _____

Additional accommodation stay option (if applicable) _____

Number of additional night stay _____

Accompanying parent/guardian accommodation option _____

Number of nights stay _____ Total number of rooms required _____

Name of payee (if different from athlete name) _____

Fee paid _____ Payment reference number/name _____

Athletes Under 16

Please note, all athletes under the age of 16 or in a group must be accompanied by a parent/guardian or supervisor for the whole event.

Name of parent/guardian _____

Parent/guardian signature _____

Once this form has been filled out please send to: UKFBootCamp@gmail.com.

The Ultimate Karate Fighters Boot Camp 2015

Friday 31 July to Sunday 2 August • University of Kent, Canterbury

The Ultimate Karate Fighters Boot Camp sports pack – £23

Pre-order your Ultimate Fighters Boot Camp sports pack which includes:

- The Ultimate Karate Fighters t-shirt - S/M/L/XL
- University of Kent 50th anniversary towel
- The Ultimate Karate Fighters water bottle
- Kent Sport special edition Karabiner key-ring
- Kent Sport 50th anniversary bike seat cover
- The Ultimate Karate Fighters Boot Camp Poster
- The Ultimate Karate Fighters Training Dairy Book

Please fill in the form below and return to UKFBootCamp@gmail.com.

Name _____

Address _____

Mobile _____ Home _____

Email address _____

Date of Birth _____

Number of packs _____

T-shirt size(s) _____

Fee paid _____ Payment reference number/name _____