

# Chokushin Aiki Ju Jutsu Boot Camp



## Location:

Cabin outside of Kinmount, Ontario [See attached Map]

## Starting

At approx 9:30 Saturday morning. People are welcome to arrive Friday night if they would like to be setup and ready to go Saturday morning.

## Cost:

**\$45** This includes food for Saturday [lunch & dinner] and Sunday [breakfast & lunch], use of cabin/property, and all training. Bring some \$\$ for Saturday morning breakfast at a nearby diner.

## Items to bring:

- ✓ Mess kit (include plate, bowl, mug/cup/water bottle, utensils)
- ✓ tent (if you have one) some room may be available in the cabin [book ahead]
- ✓ sleeping bag
- ✓ thermal mat
- ✓ flashlight
- ✓ loose fitting training clothes (gi pants and t-shirt are common)
- ✓ weapons (i.e. wooden knife, jo, bokken, sai)
- ✓ hat, suntan lotion
- ✓ rainwear
- ✓ bathing suit & towel (there's a nearby lake),
- ✓ warmer clothes for the evening
- ✓ lawn-chair or blankets for the camp fire
- ✓ deck of cards or musical instruments if you have them
- ✓ personal kit (there's an outhouse, no running water)
- ✓ bug repellent
- ✓ byob for Sat nite around the campfire (if you're so inclined) moderation please
- ✓ Water
- ✓

Please confirm your attendance to your instructor or by email to

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