



秋季合宿

EAST COAST FALL CAMP

SEPTEMBER 15 - 17, 2023 CAMP GREEN LANE, PA.

34TH ISKF/EAST COAST FALL CAMP & GOODWILL TOURNAMENT

Date:

34th FALL CAMP & GOODWILL TOURNAMENT is in session from September 15 -17, 2023.
Registration will begin at 3:00 PM.

Facilities:

Fall Camp is held at Camp Green Lane, a year-round training facility for athletic and youth programs. The cluster of cabins and training facilities include 3 Dojo areas, athletic field, tennis, basketball and beach volley ball courts. The camp store offers special camp T-shirts, books and other karate related merchandise.

Accommodations:

Room and board are included in tuition. Students room in cabins with 10 others.

Tuition:

Regular: \$300.00

*Pre-Registration \$280.00 **(Before August 15th, 2023)**

Youth (7 - 17 years old) and Collegiate (must show college ID): \$250.00

*Pre-Registration \$230.00 **(Before August 15th, 2023)**

Reservations:

Return an application with \$30.00 deposit before August 15th, 2023 and receive a \$20.00 (US) discount from the full tuition.

Cancellations:

If you are unable to attend camp for any reason, a refund of your deposit is available minus a \$20.00 clerical fee. **No refunds will be given after August 15th, 2023, and absolutely no refunds will be given at camp.**

Location:

Camp Green Lane is 45 miles northwest of Philadelphia and 8 miles north of the Pennsylvania Turnpike. See **DIRECTIONS to Camp Green Lane:**

Vegetarian Meals:

Ovo/Lacto vegetarian meals are available. There will be some vegan meals and we will do our best to accommodate.

■ Goodwill Tournament (Ruled by ISKF):

ISKF/East Coast Fall Camp 2023 will feature a Goodwill Tournament. The individual portion of the tournament is open to all ranks (beginners to black belt). Color belts will perform Ippon kumite, brown belt will perform Jiyu Ippon kumite & black belts will free spar. A Mouthpiece and ISKF regulation Sparring Gloves Are Mandatory For All Participants.

Non Fall Camp participants may participate in both the Youth Tournament Saturday and the Adult Tournament Sunday.

You will have to check in at registration to sign the forms and show your ISKF Membership Card to be added to the ladders by 8 AM Saturday for the Youth Tournament and 8 AM, Sunday for the Adult Tournament.

Youth Non-Fall Camp participant tournament registration - \$45 (flat fee one or two events)

Adult Non-Fall Camp participant tournament registration - \$55 (flat fee one or two events)

Family Rate - Youth \$25, Adult \$30

***You are welcome to join us for lunch Saturday and Sunday: \$10 individual or \$30 family.**

■ Trainee's Class: Subject #21 (Registered ISKF trainees only)

Self-defense, Multiple Attackers

Heian #1 - #5 and Chinte

Review Jiyu Kumite, Breaking Balance

■ Dan Examination and Registration Fees:

	Examination	Registration
Shodan	\$80.00	\$90.00
Nidan	\$100.00	\$120.00
Sandan	\$120.00	\$155.00
Yondan	\$150.00	\$220.00
Godan	\$200.00	\$270.00

- The Dan examinations will take place on Saturday September 16, 2023. Those who wish to take the Dan examinations must pre-register by completing the form and sending it with exam and registration fees to ISKF Headquarters **no later than Aug. 15, 2023.** No applications or fees will be accepted at Fall Camp.

ALL DAN EXAMINEES MUST HAVE AN ISKF PASSPORT AND CURRENT MEMBERSHIP CARD AND BRING IT TO CAMP.

Dan Examinees must attend the Fall Camp and have permission from their Chief instructor. Examinees must be ISKF members. A complete dan registration form must be sent with the exam fee and registration fee for the dan rank that is being tested for. Please contact your chief instructor for registration forms. All examinees and all other ISKF members must have a current ISKF card. You will be charged \$50.00 (US) for a replacement card at camp.

■ Examinees:

The Dan examinees for Godan testing for the first time must submit their technical research paper to ISKF Headquarters **NO LATER THAN AUGUST 1ST, 2023.**

FOR PREPARING THE RESEARCH PAPER, PLEASE GO TO:

<http://iskf.com/information/#qualifications>

Camp Rules:

- ***All ISKF member participants who are 1st kyu and above must show an ISKF passport and current membership card at registration.***
 - Complete Fall Camp rules will be distributed at registration. There are a few items below which deserve your special attention.
 - The most senior person in each cabin is the designated Cabin Captain and is responsible for the conduct of the members of that cabin, especially in regards to the items below.
 - Campers are expected to clean their cabins before leaving Camp. Necessary equipment will be provided.
 - Each camper will serve as a waiter. This is not only part of your tuition but also part of your training. No one is excused from his or her assignment.
 - No one should find it necessary to wander beyond the perimeter of the campgrounds. The camp road is a public access road, please exercise caution when crossing.
- If you have any questions or concerns, feel free to contact us by mail, phone, e-mail at:

ISKF 222 South 45th Street Philadelphia, PA 19104 USA
Tel 215.222.9382 - Email iskfhq@gmail.com - www.iskf.com

Directions to Camp Green Lane:

FROM THE NORTHEAST EXTENSION 476 (ROUTE 9) / PA. TURNPIKE
Northeast Extension 476 (Route 9) North to Lansdale Exit #31. Turn left (from exit) onto Route 63 West. After several miles (and about 15 minutes), turn right onto Route 563 North. Left on Township Line Road. Stay to the right, and the Camp entrance is approximately 3/4 mile, marked by large sign.

To get to the Northeast Extension:

FROM PHILADELPHIA AND SOUTH JERSEY

Take Route 76/Schuylkill Expressway West to Interstate 476 (Route 9) North (Exit 28B). Go through toll booth. Follow directions above.

FROM NORTHEAST PHILADELPHIA

Pennsylvania Turnpike West to Northeast Extension 476 (Route 9) North (Exit 25A). Follow directions above.

FROM NEW YORK, NORTHERN NEW JERSEY, WEST CHESTER COUNTY, NY

New Jersey Turnpike to PA Turnpike, Exit 6. PA Turnpike West to Northeast Extension 476 (Route 9) North (Exit 25A). Follow directions above.

FROM BALTIMORE, WASHINGTON, VIRGINIA

Interstate 95 North/East to just past Chester, PA. Take Interstate 476 North (Exit 7). Take to the end (21 miles) and go through toll booth for Northeast Extension. Follow directions above.

FROM HARRISBURG, YORK, WESTERN PA

Pennsylvania Turnpike East to Northeast Extension 476 (Route 9) North (Exit 25A). Follow directions above.

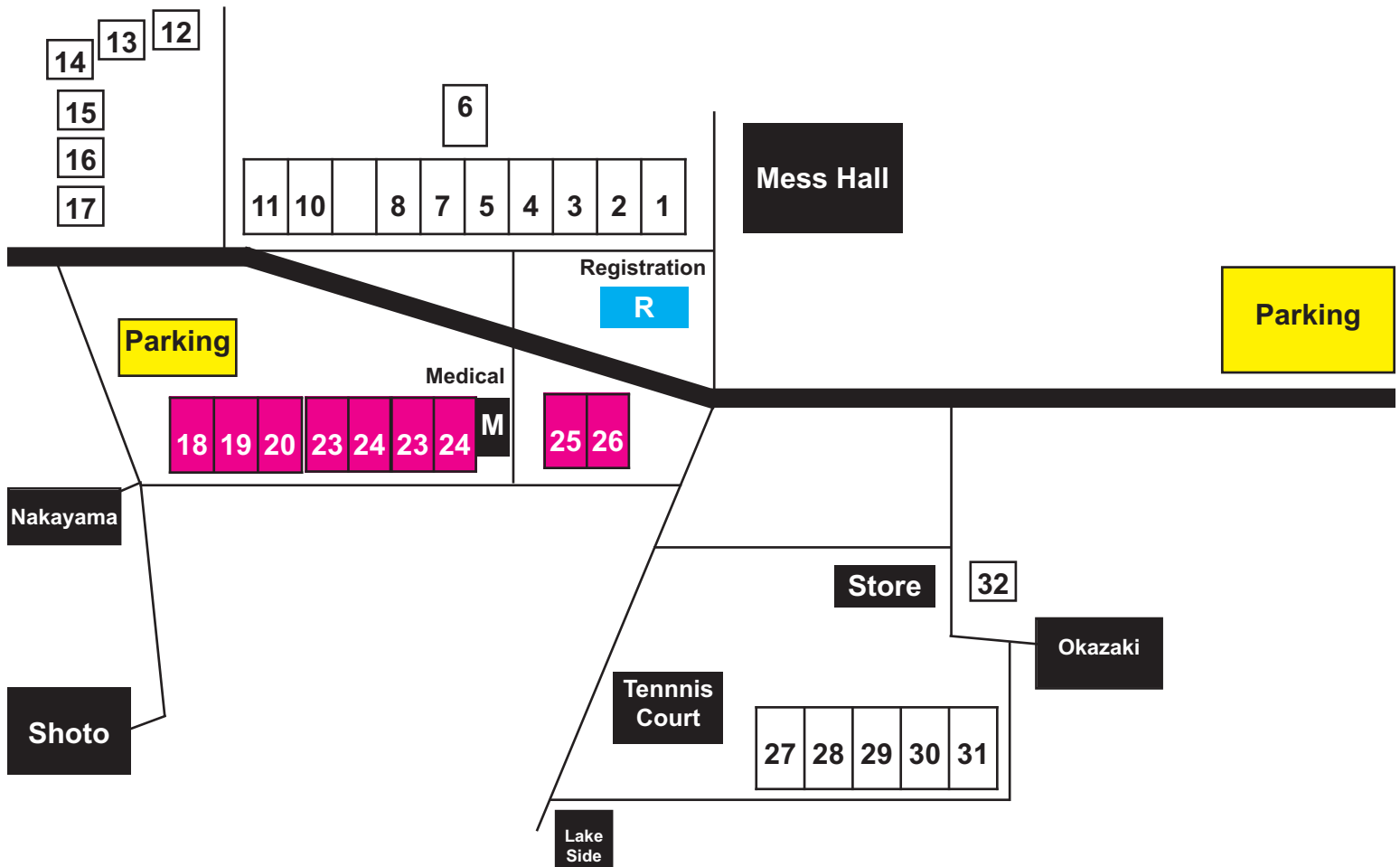
Address of Camp Green Lane:

249 Camp Green Lane Road, Green Lane, PA 18054

■ What To Bring:

- At least 2 gis - White only
- Casual clothes—expect temperatures in the 60's by day, in the 50's by night. Rain is always a possibility
- Towels and personal toiletries
- Running shoes (you wouldn't want to miss the morning jog!)
- Flashlight
- Money—the camp store will be selling gis, books and - other items. T-shirts should be pre-ordered.
- Linens, blankets (or sleeping bag) and pillow.
- If you are taking any kind of medication, be sure to bring an ample supply with you and inform the camp physician upon your arrival.

■ CAMP MAP:



SPECIAL FALL CAMP EVENT:

Saturday, after breakfast at 10:00 AM there will be a Youth Shiai (tournament) for all youth Fall Camp participants – all ages (7 - 17 years old) and ranks.

Non Fall Camp participants may participate in both the Youth Tournament Saturday and the Adult Tournament Sunday.

You will have to check in at registration to sign the forms and show your ISKF Membership Card to be added to the ladders by 8 AM Saturday for the Youth Tournament and 8 AM, Sunday for the Adult Tournament.

Sunday, immediately following the Goodwill Tournament we will have our East Coast Kumite Team Selection Shiai. This event is by invitation only. The shiai is a series of round-robin matches to determine which individuals will be chosen for the kumite teams to represent the East Coast in this year's [ISKF/US Nationals in Columbus, OH, on November 10 – 12, 2023.](#)



國際松濤館空手連盟



33RD EAST COAST FALL CAMP 2022

34TH ISKF/EAST COAST FALL CAMP & GOODWILL TOURNAMENT

Registration Form:

Name _____

DOB ____/____/____ Sex ____ Rank ____

Tournament Only (Non-camper) YES / NO Tournament Lunch (Non-camper) YES / NO

Address _____

City _____ State ____ Zip _____

Email _____ Tel _____

Dojo Name _____ Cabin preference (see **Camp Map**): Cabin Number _____

Goodwill Tournament Form(Non-camper only):

Youth Non-Fall Camp participant tournament registration - \$45 (flat fee one or two events)

Adult Non-Fall Camp participant tournament registration - \$55 (flat fee one or two events)

Family Rate - Youth \$25, Adult \$30

YOUTH: YES / NO

ADULT: YES / NO

34th ISKF/East Coast Fall Camp 2023 T-shirt Order Form:

In order to guarantee your long sleeve T-shirt, you must pre-order, and include payment with pre-registration. We cannot guarantee availability or size at Fall Camp. Pre-order postmarked deadline: August 15th, 2023. No shirts will be pre-ordered without payment in advance.

Price per shirt: Pre-ordered \$30.00 (US) / At Camp \$35.00 (US) - subject to availability

T-shirt sizes: Adult S, M, L, XL and XXL

1. Size ____ Qty ____ Amount Enclosed \$ _____

2. Size ____ Qty ____ Amount Enclosed \$ _____

3. Size ____ Qty ____ Amount Enclosed \$ _____

4. Size ____ Qty ____ Amount Enclosed \$ _____

5. Size ____ Qty ____ Amount Enclosed \$ _____

Registration Form:

ISKF DAN REGISTRATION FORM REQUEST FOR DAN REGISTRATION

Insert Picture Here

- For purposes of clarity all information must be typewritten.
- *Handwritten forms will be returned!*
- Please send 1 photo with registration form by mail or email (attach photo).
- No Dan Certificates will be issued without an ISKF Passport.
- Please use date format of Month/Day/Year for all dates (ex. 1/27/30 = Jan. 27, 2030)

❖ ISKF Passport received: Yes No

Examinee Information

Student Name		Gender: M <input type="radio"/> F <input type="radio"/>	Birthdate	Age
Address		City	State	Zip
Home Phone	Work Phone	Parent (or adult student) Email Address		
Student's Occupation	Education (Highest grade or degree)	Marital Status		

Karate History

When did you begin karate practice?	Year:	Month:	Current rank:
Testing for: _____ Dan	Test Date: _____	Examiner: _____	Test site: _____
Club Name: _____	Country: _____	Region: _____	

Kata and Kumite Choices

Exam Kata: _____	If 45 years + on test date: _____	Sparring: <input type="radio"/>	Self-defense: <input type="radio"/>
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Previous Dan Registrations:

	Date of Exam	Reg. No.		Date of Exam	Reg. No.
Sho (1) Dan			Go (5) Dan		
Ni (2) Dan			Roku (6) Dan		
San (3) Dan			Shichi (7) Dan		
Yon (4) Dan			Hachi (8) Dan		

Examinee Certification and Signature

I REQUEST THAT MY RANK BE LISTED IN THE REGISTER OF THE INTERNATIONAL SHOTOKAN KARATE FEDERATION (ISKF). I PROMISE TO UPHOLD THE STANDARDS AND HONOR OF THE ISKF.

Examinee Signature (Parent or Guardian for Examinees under 18): _____

Chief Instructor Certification

Instructor Name (please print clearly): I _____ certify that I have reviewed this Dan Exam application and have given my student permission to test on the date and in or at the location or event listed above.

****All registration forms must be signed by the Chief Instructor of the examinee's club to be accepted. ****

*Instructor Signature: _____ Date: _____ **

For Examiner Use Only

Rank Awarded:	Examiner Signature:
Promotion by: <input type="checkbox"/> Examination <input type="checkbox"/> Recommendation <input type="checkbox"/> Honorary	
Remarks:	

PAYMENT FORM:

Mail with \$30.00 (US) deposit to:
ISKF 222 South 45th Street Philadelphia, PA 19104 USA

Camp Deposit/Tuition \$ _____

Tournament (Non-camper) \$ _____

Tournament Lunch (Non-camper) \$ _____

T-shirt (total amount) \$ _____

Dan Exam+Registration \$ _____

Total Amount Enclosed \$ _____

All fees are due in US currency. Please make check or money order payable to **“ISKF”** or make payment by credit card (VISA, MASTER, DISCOVER). We do not accept American Express.

Card # _____ Exp. Date: _____ / _____ / _____

Signature _____

\$5.00 SERVICE CHARGE WILL BE APPLIED FOR ALL CREDIT CARD PAYMENTS.

WAIVER/RELEASE AGREEMENT

Event: 34th ISKF/EC Fall Camp 2023 and Goodwill Tournament. I understand that there are risks and dangers inherent in martial arts training and in participating in and/or receiving instruction at the EVENT. I understand and agree that by signing this Waiver/Release, I am assuming full responsibility for any and all risk of personal injury or death or for property damage suffered by me while participating in and/or receiving instruction at the EVENT. I expressly acknowledge that my participation in the EVENT may subject me to personal injury or bodily harm and I assume any and all risks of that participation. I also understand that in order to be allowed to participate in and/or receive instruction at the EVENT, I must give up my rights to hold the International Shotokan Karate Federation and its affiliates, East Coast Shotokan Karate Association, Camp Green Lane, and any and all other clubs, schools, instructors, members, judges, officials, representatives and all other participants (collectively the “Releasees”) liable for any injury or damage which I may suffer while participating in and/or receiving instruction at the EVENT. I also understand and agree that by signing the Waiver/Release, I acknowledge that I am solely responsible for having or obtaining all insurance coverage which may be necessary or desirable in connection with my participation in and/or receipt of instruction at the EVENT and for any travel to and from the EVENT and in all lodging or any other activities which may be related directly, indirectly or incidentally to the foregoing. I further understand and agree that any fees or costs required for necessary or requested medical attention shall be my sole responsibility and that I shall not seek indemnification or contribution from any Releasee in connection therewith. I also understand that the Releasees shall not be responsible for any incidental, consequential or exemplary damages of any kind even if they are notified of the possibility of such in advance. I also understand and agree that any damage to any lodging sites or the tournament site that I cause is my full responsibility. In no case are said damages the responsibility of any of the Releasees. I further understand and agree that as consideration for my participation in the EVENT, the International Shotokan Karate Federation and /or its designees shall have the right to use my name, image or likeness in the promotion of the EVENT or in any publication relating to the EVENT (or similar Events) and in any broadcast or rebroadcast transmission of the EVENT without any additional consideration to me for the use of my said name, image or likeness. I understand and agree that this Waiver/Release will have the effect of re-leasing, discharging, waiving and forever relinquishing any and all actions or causes of action that I may have or have had, whether past, present or future, whether known or unknown, and whether anticipated or unanticipated by me, arising out of my participation in and/or receipt of instruction at the EVENT. Knowing this, and in consideration of being permitted to participate in and/or receive instruction at the EVENT, I hereby release and agree to indemnify and hold harmless the above-named Releasees individually and their entities, and their officers, agents, principals, partners, shareholders, directors and employees from any and all liability or costs, including attorney fees, associated with or arising from my participation in and/or receipt of instruction at the EVENT. I further understand and agree that this Waiver/Release will be binding on me, my spouse, my heirs, my personal representative, my assigns, my children and any guardian ad litem for said children. I understand that if I am signing this Waiver/Release on behalf of my minor child, that I will be giving up the same rights for said minor as I would be giving up if I signed this document on my own behalf. I acknowledge that I have read this Waiver/Release Agreement and that I understand the words and language in it.

Print Name _____ Date _____

Sign Name _____ Witness _____

■ ISKF MEDICAL QUESTIONNAIRE:

This Medical Questionnaire must be completed, signed, and submitted to the proper ISKF authority each year by ISKF member wishing to compete in a karate tournament, take a Dan Examination, or participate in any ISKF event requiring this form.

1. You must have had a complete physical examination by a physician or a health care facility dated no longer than two years prior to the event in which you are expecting to participate.
2. The Medical Questionnaire will be reviewed by the ISKF event committee and will be held in a confidential file; contents may be reviewed by your instructor and the tournament medical staff.

PLEASE PRINT OR TYPE

Last Name:		First Name:		Date of Birth:	
Family Doctor:				Physician Phone:	
Age:	Gender: M		Gender: F		Rank:
Address:					
State:		City:		Zip:	
Club:					
Region:			Country:		
Instructor:					
Emergency Contact:	Name:			Phone:	
Relation to Participant:					

Do you have a history of any of the following conditions? Please check all that apply to you. If you answer YES to any. Please explain:

Condition	YES w/Explanation	No
Have you ever been told that you could not participate in a sport in the last two years?	<input type="checkbox"/>	<input type="checkbox"/>
Allergy to Medication(s). List all.	<input type="checkbox"/>	<input type="checkbox"/>
Hypertension (high blood pressure)	<input type="checkbox"/>	<input type="checkbox"/>
Heart Murmur	<input type="checkbox"/>	<input type="checkbox"/>
Recent Infection	<input type="checkbox"/>	<input type="checkbox"/>

Bone fracture in past 6 months	<input type="checkbox"/>	<input type="checkbox"/>
Concussion or severe head injury in past 6-12 months	<input type="checkbox"/>	<input type="checkbox"/>
Seizures	<input type="checkbox"/>	<input type="checkbox"/>
Eye injury	<input type="checkbox"/>	<input type="checkbox"/>
Severe bone bruises requiring padding	<input type="checkbox"/>	<input type="checkbox"/>
Kidney injury	<input type="checkbox"/>	<input type="checkbox"/>
Positive test for HIV	<input type="checkbox"/>	<input type="checkbox"/>
Positive test for Hepatitis C	<input type="checkbox"/>	<input type="checkbox"/>
Other-Surgeries hospitalizations in the past 6-12 months - explain	<input type="checkbox"/>	<input type="checkbox"/>

Are you currently taking any medications? (List all)

I attest that the above information is true and correct to the best of my knowledge. I further understand that this information is necessary to participate in ISKF events. Date of last complete physical exam by a physician or a health care facility:

Name of physician: _____

Name of health care facility: _____

I give permission to Dr. _____ to release any and all information regarding my medical visit on _____ (date) to the ISKF National Committee for review to medically qualify for karate participation on _____ date (MM/DD/YYYY).

Signature of competitor: _____ Date: _____

(Parent or guardian, if under 18 years of age): _____

Signature of instructor: _____ Date: _____

Signature of coach: _____ Date: _____



MINOR PARTICIPANTS:

THIS FORM MUST BE FILLED OUT BY PARENT OR LEGAL GUARDIAN.

PLEASE PRINT CLEARLY. ALL INFORMATION MUST BE SUPPLIED.

EMERGENCY CONTACT AND MEDICAL INFORMATION:

Name of Parent/Legal Guardian: _____

Address: _____

City _____ State _____ Zip _____ Country _____

Telephone (_____) _____ (day) (_____) _____ (night)

Child's Name: _____

Any recent or present condition or injury: _____

My child is allergic to the following medications: _____

My child routinely takes the following medication: _____

Her/his last tetanus immunization was: _____

GRAND VIEW HOSPITAL, SELLERSVILLE, PA. PARENTAL CONSENT FOR EMERGENCY TREATMENT:

Date: ____/____/____

I hereby give permission to the Emergency Department at Grand View Hospital to treat my son/daughter (name of minor):

Last Name _____ First Name _____

while we are away. I understand this permission covers the average emergency such as strain, sprain, cut, bruise, scrape, bump, skin rash such as impetigo, poison oak or ivy, bites such as bee stings and snake bites, allergic reactions, foreign bodies in the eye or skin, upset stomach, diarrhea, pink eye, minor burns, sunburn, suspected minor fractures, minor concussions, fevers, diagnostic x-rays, suturing, and the like. I give permission for my child to receive a tetanus booster (if needed). This permission is valid for 6 months only. I also understand that in cases of major significance such as a fracture, appendicitis, or any illness or injury requiring admission that additional consents will be necessary for treatment and that the hospital will make every attempt to reach me. I can be reached at the above address. Authorization is hereby given to release to:

_____ (insurance company)

_____ (policy number)

any information needed to complete hospitalization claims. Finally, I understand in cases of acute emergency when hospital personnel have attempted to notify me and are unable to reach me, that this permission form will suffice for treatment until such time as I am able to be reached.

While we are away, (name of minor): Last Name _____ First Name _____

is under care of: International Shotokan Karate Federation.

This form is for minor participants and must be filled out by Parent or Legal Guardian. Please print clearly. All information must be supplied.

INTERNATIONAL SHOTOKAN KARATE FEDERATION PARENTAL CONSENT FORM:

First Aid

I hereby give permission for the International Shotokan Karate Federation/East Coast Shotokan Karate Association (hereinafter "ISKF") doctor or nurse to administer minor first aid and/or seek emergency medical care for my son/daughter (name of minor):

Last Name _____ First Name _____

during his/her stay at the 34th ISKF/East Coast Fall Camp 2023 and Goodwill Tournament being held at Camp Green Lane September 15-17, 2023. I understand that this permission covers the average emergency such as, but not limited to, strains, sprains, cuts, bruises, scrapes, bumps, skin rashes, minor bites, allergic reactions, upset stomach, diarrhea, minor burns, suspected minor fractures, fevers, and other similar occurrences. This permission is valid only for the duration of the ISKF event or activity described above.

Emergency Care:

In the event that my child needs emergency medical care, as determined by the ISKF doctor/nurse, supervisory staff or administrators, I hereby give permission for said child to be treated in the emergency room and by the medical professionals of the hospital or medical center nearest to or most easily accessible to the ISKF event or activity described above. This permission includes, but is not limited to, fractures, snake bites, allergic reactions, minor concussions, contusions, lacerations, foreign bodies in the eyes or skin, fevers, diagnostic x-rays, suturing, minor burns, etc. I also give permission for my child to receive a tetanus booster (if needed).

I understand that in cases of major significance, such as a fracture, appendicitis, or any illness or injury which would require admission to a hospital, more consents will be necessary for treatment. If such a situation should arise, I further understand that the ISKF doctor/nurse, supervisory staff and/or administrators, and the hospital will make every attempt to reach me. I hereby release THE CAMP (34th ISKF/East Coast Fall Camp 2023 and Goodwill Tournament, ISKF and Camp Green Lane) from any and all liabilities due to personal injury, bodily harm, or lost or stolen articles.

_____ Date _____

Signature of Parent/Legal Guardian