



Experience Uchi-Deshi training as a live-in student who trains under and assists Gene Villa Sensei, 7<sup>th</sup> Dan, IOGKF-USA Chief Instructor on a full-time basis...



Dates: September 14<sup>th</sup> – 16<sup>th</sup>

The event has been opened up this year to “Soto Deshi” (living outside the house) students to experience Uchi-Deshi training

It’s not often that you can test your skills in the sand, working on partner drill sets with unstable footing complicating techniques, requiring a focus on the basics.

Experience Uchi-Deshi training with Senior IOGKF instructors



# Directions from Portland to the Venue

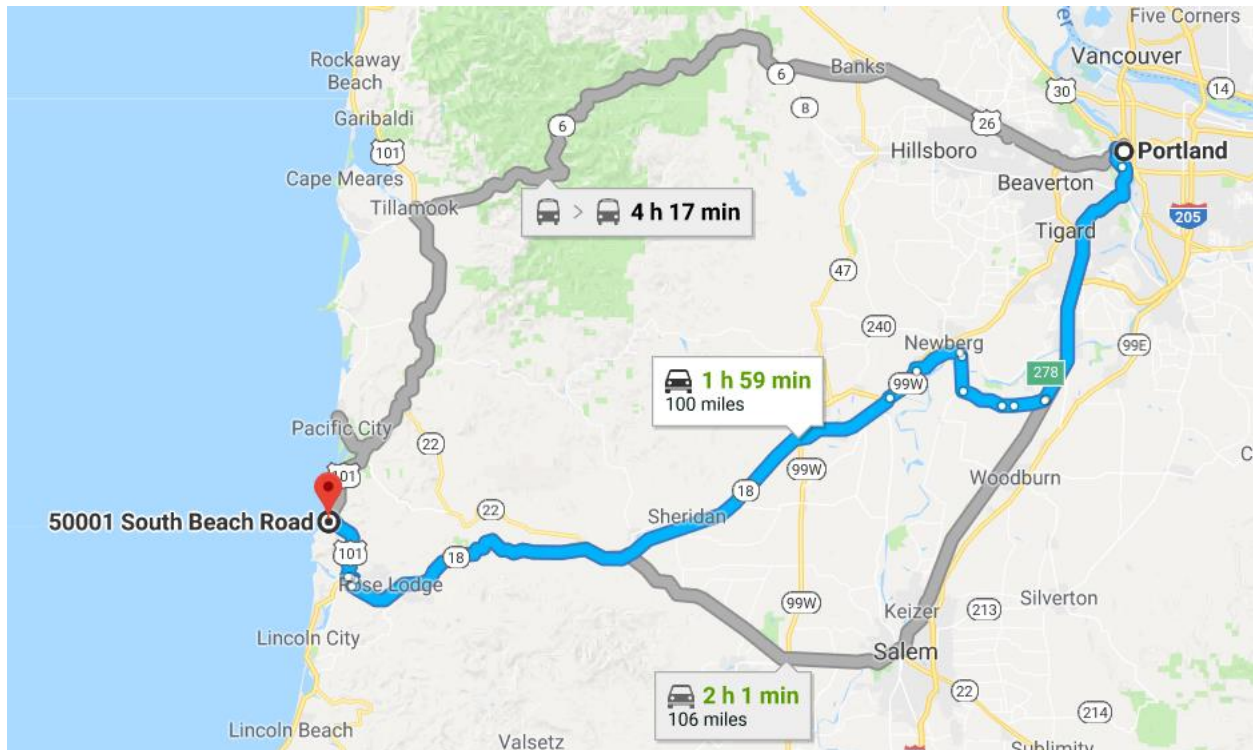
## Portland

Oregon

- > Get on I-405 S from W Burnside St  
6 min (1.1 mi)
- > Follow I-5 S to Ehlen Rd NE/Fargo Rd NE in Marion County. Take exit 278 from I-5 S  
24 min (23.0 mi)
- > Continue on Ehlen Rd NE. Take McKay Rd NE, OR-219 N and 99W Bypass to OR-99W S in Yamhill County  
18 min (14.3 mi)
- > Take OR-18 W to S Beach Rd in Tillamook County  
1 h 9 min (61.2 mi)
- ↩ Turn left onto S Beach Rd  
3 min (0.5 mi)

## 50001 S Beach Rd

Neskowin, OR 97149





**2018 IOGKF Sanctioned, Seikeikan Uptown Karate sponsored  
Oregon Coast Beach Training  
Registration Form *September 14<sup>th</sup> – 16<sup>th</sup>***

Ocean View Oasis, Food & Training Fee: ~~SEP~~ \$225 (Limited to 18' Karateka)

Deposits of \$125 due no later than *April 14<sup>th</sup>, 2018* with balance of \$100 due no later than *June 14<sup>th</sup>, 2018*

Off-site Lodging, Training Fee: \$125 due no later than *April 14<sup>th</sup>, 2018*

Saturday Only, Training Fee: \$75 due no later than *April 14<sup>th</sup>, 2018*

Parking Limited to (6) vehicles (Please car-pool) Shuttle Service Available from Hotel

Please pay training fees by sending a check made out to: **Uptown Karate**

Mail checks to: **Uptown Karate, 205 E 16<sup>th</sup> St. Vancouver, WA 98663**

**Please fill out the below information and mail with your training fee.**

Gasshuku event t-shirts included (one per person)

Circle Size:            2X            Extra-Large            Large            Medium            Small

Name (Last, First) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Belt Rank \_\_\_\_\_

Dojo \_\_\_\_\_

Email \_\_\_\_\_

Instructor \_\_\_\_\_

In consideration of my participation in this program, I hereby release IOGKF, its affiliates, and its agents from any claims, demands, and causes of action as a result of my voluntary participation and enrollment. I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and I hereby release IOGKF, its affiliates, and its agents from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death. By signing below, I agree to the above-mentioned waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_