



Martial Arts Summer Camp 2009

1. July 13-17
2. August 10-14
3. August 17-21



New! Mini Judo Camp: July 20-24 (10am - 12pm)

Camp includes instruction in Judo, Jujitsu, Karate, Kendo, Aikido, self-defense, outdoor sports and Japanese cultural activities. Students aged 7 to 16 will have a varied and fun schedule run by experienced and highly qualified black belt instructors. Dojo discipline, skill and confidence building are emphasized. Camp hours are 9 - 4 p.m. Mini Camp for ages 5-12 focuses on falling, basic throws, holds and games.

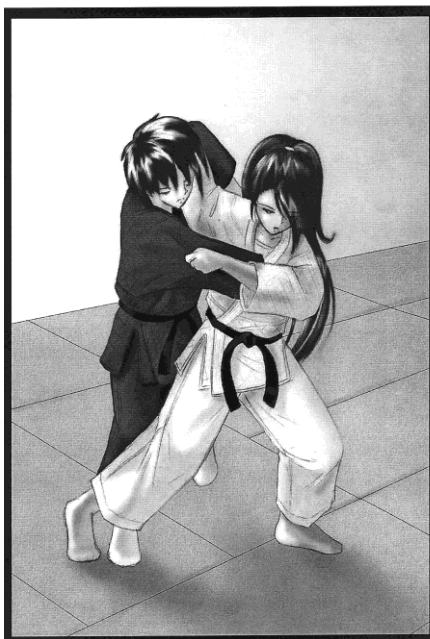
Takahashi Dojo

40 year Anniversary
1969-2009

5 Melrose Ave.
Ottawa, ON K1Y 1T8

Phone: 613.725-3451 (dojo)
613.828-5775 (Tina)
Email: ttakahashi@rogers.com

Get registration form at:
www.takahashi-dojo.com and
1. fax to: 613.828-5775, or
2. drop off at dojo or
3. mail: 3 Harrogate Place
Nepean ON K2H 5L6



(Drawing by dojo member, Cindy Nhan)

Centrally located in Ottawa West, two studios of 2,000 sq. ft. each make up this well established martial art school. The upper dojo is comprised of traditional tatami mats and crash mats, for throwing and grappling techniques. The main floor dojo has hardwood flooring for karate, kendo etc. The dojo is conveniently located next to a park with picnic tables, play structure and field suitable for soccer and games. Uniforms are required and can be purchased (\$ 50-70) or rented (\$20). Campers also need t-shirt, shorts, running shoes, hat and bathing suit.

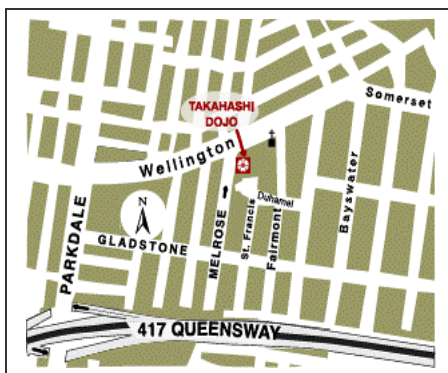
Camp Fee

Before June 1 \$175
 After June 1 \$185
 \$10 off add'l family member
 \$10 off 2nd camp
 \$10 off dojo members

Before 8:30 a.m. drop-off \$3/day
After 5:00 p.m. pick-up \$3/day

Mini Camp \$59

New! Lunch Menu available
Details to come



Camp Directors

Tina Takahashi BPE, BEd
6th degree Judo Black Belt
Olympic Coach
World University Champion

June Takahashi
6th degree Judo Black Belt
Kata Specialist
Owner Takahashi Dojo