



# Martial Arts Summer Camp 2010



1. July 12-16
2. August 9-13

Camp includes instruction in Judo, Jujitsu, Karate, Kendo, Iaido/Jodo, Aikido, Sumo, wrestling, grappling, 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. Beach/swim afternoon field trip included. Camp hours are 9:00 to 4:00 p.m.

## Takahashi Dojo

Since 1969

**5 Melrose Av. (at Wellington)  
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](http://www.takahashi-dojo.com)

1. fax to: 613 828-5775 or
2. drop off at dojo or
3. mail to: 3 Harrogate Place  
Ottawa, ON K2H5L6



(Drawing by Eric Ford)

### Camp Directors

Tina Takahashi BPE, BEd  
6<sup>th</sup> degree Judo Black Belt. Olympic Coach,  
World University Champion  
&  
June Takahashi  
6<sup>th</sup> degree Judo Black Belt. Kata Specialist,

### Camp Fees

Payment by	
June 1	\$180
July 1	\$185
After July 1	\$190
(Aug camp add 21 days for discount)	

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

### Family & Loyalty Discounts

2nd family member	less \$10
2 <sup>nd</sup> camp:	less \$10
Dojo members:	less \$10



Conveniently located in Hintonburg, Takahashi Dojo is the largest traditional Japanese Martial Arts dojo or training hall in Ottawa. Takahashi offers three dojos on site including two furnished with proper tatami (mats) for Judo, Aikido, Jujitsu, and grappling. The first floor boasts a large Kendo/Karate/Iaido dojo with oak hardwood flooring. This dojo is also used for various fun activities for the campers.

Protective equipment such as crash mats, gloves, headgear, armor and sparring equipment are provided.

Campers are taken to the park next door to enjoy lunch, fresh air, soccer, play structure, games etc.

Affordable lunches can also be purchased. Uniforms are required and can be purchased or rented for \$20.

Campers also need T-shirt, shorts, running shoes and bathing suit.