

通身眼

# Tsu Shin Gen Spring Camp

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**03 to 05 of May 2019**

## INVITATION

**Dear Shihan, Sensei, and Sempai,**

The Russian Knockdown karate Federation together with Tsu Shin Gen International Budo Association invites you to attend the International Budo Camp that will be held in Russia from **03 May until the 05 May 2019.**

The Chief Instructors of the Camp are:

**Founder and President TSG Soke David Cook 10<sup>th</sup> Dan**  
**Hanshi Ivan Titenkov 8<sup>th</sup> Dan**  
**Shihan Yury Khrenov 7<sup>th</sup> Dan**  
**Sensei Anatoly Zykin 4<sup>th</sup> Dan**

**The guest of Spring camp, the Master of the International class, the Best active sportsman of MMA in Russia, the member of the professional "Strela" team, the Fighter of UFC, the Winner of the Bellator, M-1 Challenge tournaments, 3 Dan MMA Tsu Shin Gen, the Sensei Alexander Volkov.**



1. Included in the program of the camp is:
  - training - Mixed Martial Art
  - training - Combat Karate
  - training - Ashihara International Karate
  - training - Kickboxing
  - grading test for students for 10 - 1<sup>st</sup> Kyu
  - Dan grade test for Shodan, Nidan and Sandan

2. Arrival of the participants – 03 May at 11.00 am  
Departure of the participants – 05 May at 20.00, or 06 May morning.
3. The Summer Camp will be held at:
  - Russia, the Moscow region, Pushkinsky area, settlement " Zeleny gorodok ", at the boarding house "**Salute**".
4. Travel from Moscow:
  - From the Yaroslavl station by an electric train, up to station " Pushkino ", further by the bus № 28 or on a fixed-route taxi № 28 up to a final stop - village Kostino.
5. Necessary things:
  - Karate Gis
  - T-shirts and shorts to practice kickboxing
  - MMA gloves, boxing gloves
  - individual means of protection.
6. The cost of the Spring Camp:
  - with accommodation in rooms for four people – **120 euro**
  - with accommodation in double rooms with private facilities – **140 euro**
7. Included in the cost of the Camp is:
  - Instruction Fee
  - Pay for food
  - Accommodation
  - Rent of the sports hall
  - Payment for visa support of the Olympic Committee of Russia (40 euro)

**8. Attention! All guests planning to visit our camp, it is necessary in the shortest time until April 01, 2019 to send to my email address, the following information:**

**Please send your application by fax to:**

**e-mail [shihan@inbox.ru](mailto:shihan@inbox.ru) with the following information:**

- copies of passports (Scanner first page)
- club name and postal address, contact telephone number, e-mails or faxes.

**It is also necessary to make an advance payment of 40 euros per person, so that we can make you a visa support to the Russian Olympic Committee. Please send money in advance to the account:**

Банк-посредник/ Intermediary bank	Raiffeisen Bank International AG SWIFT: RZBAATWW Address: Am Stadtpark 9, A-1030 Vienna, Austria
Номер счета в Банке посреднике / Correspondent Account	001-55.025.928
Банк получателя / Beneficiary's bank	AO Raiffeisenbank Address: 17/1 Troitskaya, Moscow, 129090, Russia SWIFT: RZBMRUMM
Счёт получателя / Beneficiary's account	40817978701000733266

Получатель / Beneficiary	Titenkov Ivan Valer'evich Moskva g., Moskva , Institutskaya 3-ya ul, d. 17, kv. 16
Назначение платежа / Details of payment	Details of Payment should be written in English and describe the payment details according to the essence of payment, for example «Salary for.....visa support..... dated 03.04.2019»

**9. To all candidates who wish to participate in Dan Grades Tests, it is necessary to submit your application stating which system you wish to be tested in, before hand and inform Shihan Ivan Titenkov no latter than the 24 April 2019.**

For the additional information it is possible to contact Hanshi Ivan Titenkov at [shihan@inbox.ru](mailto:shihan@inbox.ru)

## Welcome!

### THE SCHEDULE

*Realizations of the International Budo-camp*

*From May, 03 till May, 05, 2019*

*( the place of realization - the boarding house "Salute" )*

- 1. May, 03**

11-00 - arrival of participants of camp  
**12-00 - training in a hall till 13-00** (General training, Soke D. Cook)  
14-00 - lunch  
**16-00 - training in a hall till 17-00** (Sensei Zykin)  
**17-00 - training in a hall till 18-30** (Hanshi Titenkov, Shihan Khrenov)  
19-00 – dinner  
**20-30 - training in a hall till 21-30** (Hanshi or Soke)  
23-00 - dream
- 2. May, 04**

7-00 – Get Up  
**7-30 - morning training on the street** (Kickboxing, Hanshi Titenkov)  
9-00 – breakfast  
**11-00 - training in a hall till 13-00** (MMA Alex Volkov)  
14-00 – lunch  
**16-00 - training in a hall till 17-30** (Soke D. Cook)  
**17-30 - training in a hall till 18-30** (Sensei Zykin)  
19-00 – dinner  
**20-30 - training in a hall till 21-30** (Hanshi Titenkov, Shihan Khrenov)  
23-00 - dream
- 3. May, 05**

7-00 – Get Up  
**7-30 - morning training on the street** (Kickboxing, Hanshi Titenkov)  
9-00 – breakfast  
**10-30 - training in a hall till 11-30** (Soke D. Cook)  
**11-30 - training in a hall till 13-00** (Groups/ Zykin/Titenkov/Khrenov)  
14-00 – lunch  
**15-30 – 19-30 - Technical Examination and Kumite**  
19-30 - Delivery of certificates, solemn closing of camp, Photo for memory  
20-00 - departure of participants