

Seirenkai Martial Arts International Seminar 2013

Ages 12 & Up
All ISO Ranks

July 18-21, 2013
Karate , Jujitsu & Kobudo

Brandeis University
Waltham, MA USA



押忍

Oshi Shinobu

“The ultimate aim of karate lies not in victory or defeat,
but in the perfection of character of its participants.”

Master Gichin Funakoshi



We invite you to join us for the 5th Annual Seirenkai International Seminar. It is an opportunity to recommit personally to your passion for martial arts. This immersion learning experience can help you restart or accelerate your progress in Seirenkai Karate & Jujitsu. It is the single best opportunity to delve deeply into the principles, techniques and spirit of the Seirenkai system. It is an ideal chance to reinvest in long-time friendships and to make new friends from near and far.



清麿会

The theme for this anniversary seminar is ***Oshi Shinobu***, a term you may know better by its everyday name--- OSSU!



Seirenkai Karate

- Kihon: Detailed dynamic refinements of Required Basics
- Kata: Shitei, Heishu and Tokui Kata for all ranks
- Kumite: Required 1,2 and 3 step sparring through Nidan
Challenging jiyu kumite drills and application
- Goshin-Jutsu: Core self-defense & advanced variations
- Bunkai: Deep Dive for kyu and dan level kata

Seirenkai Jujitsu

- Nage Waza: “Going Beyond the Basics”
- Katame Waza: Drill and “engage”
- “Old-style” Jujitsu defenses
- Advanced counters
- Kaeshi & Kumi Kata
- Applying the core self-defense

Seirenkai Kobudo

- “Living” Bojutsu
- Knife and Stick defenses
- Buki Toriage

- Specialized training for 3rd & 4th Dans
- Review Sessions for Personal Attention
- More free-choice sections than ever—
Put your time where you need and
choose to challenge yourself!

Swords Photos by Japan Dreams
Bo photo by Sensei Dean Ierardi

“Behind each triumph are new peaks to be conquered.” Mas Oyama

International Seirenkai Organization (ISO)

2013 International Seminar- Registration Information & Form

Seminar Details

Dates: July 18-21, 2013

Location: Brandeis University

Waltham, MA (15 minutes from Boston)

Who: All Seirenkai Jujitsu & Karate students
ages 12 and up, white to black belts

Check-in starts Thursday, 7/18 at 3pm

First class: Thursday, 7/18 from 7pm-10pm

Last class: Saturday, 7/20 from 2pm- 5pm

Bonus Review Workout: 7/21 from 10am-12pm

Deadline to Register:

We must receive your registration form and check by **July 1, 2013** (see registration form)

Super Early Bird and Early plans are encouraged to save you money and make our planning easier! Please register right away.

Contact Sensei Dan Cohen if you have any questions about registrations, timing, schedule, costs, logistics or anything.

**Not sure if you can make it work?
Please call Sensei Cohen!**

Phone: 732-331-8625

E-Mail: seirenkai@gmail.com

2013 Seminar Costs

Prices based on current ISO membership dues status. Ask your sensei or Honbu if your dues are not yet current or you are uncertain of your status.

	Super Early	postmarked by	Early Registration	Postmarked by	Standard Reg.	due
Commuter:	\$290	4/30/13	\$320	5/30/13	\$350	7/1/13
Resident:	\$385	4/30/13	\$415	5/30/13	\$445	7/1/13

Save \$60 with the Super Early Bird Registration Option!

For All Participants, Seminar Fee includes:

- 7 intensive training sessions including advanced demonstrations & Black Belt testing
- Personal attention for every participant from Seirenkai Masters, Directors & Senior Sensei
- Focused training on core Seirenkai Karate & Jujitsu rank requirements at every belt level
- Q&A sessions, Facilitated Discussion Sessions & Social Time
- **Full Breakfast, Lunch & Dinner on Friday & Saturday for all participants (commuters & residents)**
- Modern air-conditioned training facilities & gym locker room / shower access
- Awards Ceremony following Saturday night dinner. (Optional social outing to follow on Sat. night)
- Seminar T-Shirt & Participation Certificate!
- Logan airport transportation for those who require it
- Sunday morning continental breakfast and socializing at the dorm- **all** are welcome!
- Optional Sunday am **informal** outdoor review workout for **all** seminar participants.

For residents only: double-occupancy dorm accommodations for Thursday, Friday & Saturday nights plus linens and towel.



International Seirenkai Organization – 2013 International Seminar Registration Form

Name	Age (if minor)	Cell Phone	Daytime Phone	E-Mail		
Address:	Street	Apt. #	City	State	Zip	Country
Dojo Name	I am a Dojo Head (yes or no)	My Sensei	Karate Rank / Year earned	Jujitsu Rank / Year earned		

T-Shirt Size requested (circle preference): S M L XL XXL Mark **only** if applicable: I require a **Kosher** Meal Plan _____ **Vegetarian** Meal Plan _____

Check One: I am registering as a: Commuter _____ Resident _____ **For Residents Only:** Name of Requested Roommate _____

If you are flying in to Logan Airport in Boston **and require airport pick-up / drop-off** please tell us your flight information: (Please send this information later if you register early)

Airline _____ **Arrival Date / time:** _____ **Flight #** _____ / **Departure Date / time** _____ **Flight #** _____

I understand that due to the nature of physical training in martial arts, there is a risk of injury AND that in the event of such injury, I shall not hold responsible the International Seirenkai Organization (ISO), the International Seirenkai Organization, LLC (ISO, LLC.), Brandeis University Seirenkai Academy, Brandeis Kokondo Academy, Brandeis University, any host of this seminar, or their officers, instructors, students, guardians, managers, owners, directors, heirs or assigns. Further, I understand and agree that I am obligated to certify and attest that I am in good health. If I have not included a physician's confirmation of my good health, it is because I do not wish to do so, AND hold myself responsible for same. Any photos, video or images of me may be used by the organizations listed above for commercial purposes without compensation to me. I understand and agree to all of the above. This agreement shall apply to all current classes and my future participation in Seirenkai Martial arts classes, seminars and special events at Brandeis University, ISO Honbu Dojo or elsewhere. I am entitled to a copy of this waiver and understand that it shall be provided to me upon request.

Signature _____ **Date** _____ (If participant is a minor, parent or guardian must sign)

Please select : **Commuter (\$290 / \$320 / \$350)** \$ _____ **Resident (\$385 / \$415 / \$445)** \$ _____ **ISO Dues Current:** _____ **Payment Amount Enclosed:** \$ _____

**Make check payable to: ISO, LLC. Please send check & signed / completed registration form to:
ISO Honbu- Intl. Seminar Sensei Scott Cohen 12 Townsend Rd Farmington, CT 06032 USA**



Registration due by July 1, 2013

**Contact Sensei Dan Cohen with questions:
Phone: 732-331-8625 or e-mail: seirenkai@gmail.com**