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WHITE TIGER MARTIAL ARTS

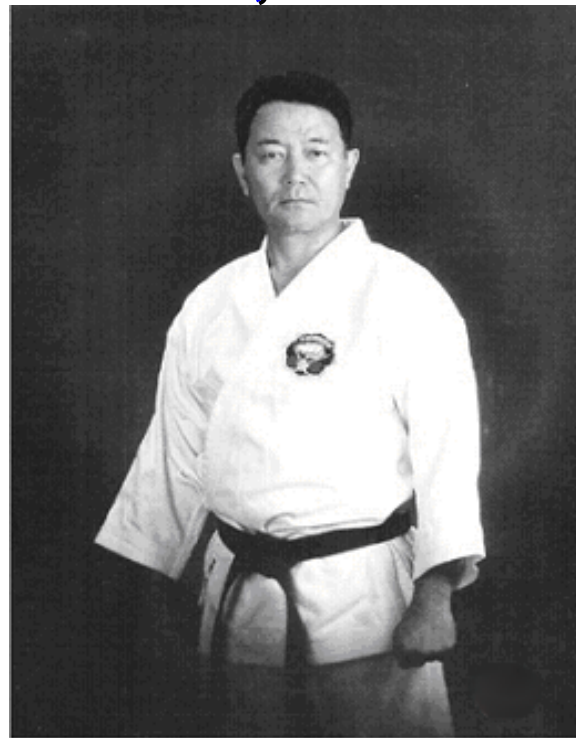
IN ASSOCIATION WITH

THE EUROPEAN MATSUBAYASHI-RYU KARATE-DO ASSOCIATION

ARE PROUD TO PRESENT A CLOSED SEMINAR UNDER THE
GUIDANCE OF THE HEREDITARY GRANDMASTER OF
MATSUBAYASHI-RYU

SOKE TAKAYOSHI NAGAMINE

10TH DAN, HANSHI-SEI



6TH – 11TH OF AUGUST, 2011

WHITE TIGER MARTIAL ARTS

MCHALE ROAD BUSINESS PARK
CASTLEBAR, CO. MAYO

FOR MORE INFORMATION CONTACT

MARTIN O'MALLEY +353 876 407 263

WWW.MATSUBAYASHI-RYU.ORG

Seminar With Soke Nagamine, 10th Dan Hanshisei, Ireland 2011

27th June, 2011, Castlebar, Ireland

Dear Instructor,

It is with great pleasure that we invite you to join with us in our 2011 training seminar with Soke Nagamine, Ju-Dan, Hanshi-sei, and hereditary Grand Master of Matsubayashi-ryu Karate-do.

Castlebar, Co. Mayo is the location of this seminar. Situated on the west coast of Ireland, it offers a backdrop of immense beauty for this excellent seminar, from the rolling hills formed by the last ice-age, to the rugged coast line which has stood in defiance of the crashing waves of the Atlantic Ocean for millennia, the scenery of Co. Mayo, on the very edge of Western Europe is truly breathtaking.

Take the chance to travel through time with historical and archaeological sites in abundance, each one telling the stories of the ancient Celtic tribes who settled here, through to the dark times of invasion and persecution at the hands of the Norman's, and onwards to freedom in the first republic proclaimed on Irish soil.

Take a visit to Ballymagibbon Cairns where the epic battles of Tuatha De Danann and the Firbolg decided the next ruler of Ireland, or take a tour of Ballintubber Abbey and hear the legend of Seán na Sagart, forever trapped in the roots of the tree which sprung up to keep him from ever returning to his terrible trade. Watch the sun setting over Clew Bay as Croagh Patrick is enveloped by the sun's last rays of gold, red and amber, or wander down a country lane and join in a session of Irish music in a local pub, where Summer evenings slip away to the primordial beat of the Bodhrán and the haunting sounds of a flute make you feel as if time itself has stood still.

It is in this setting that our 2011 training seminar with Soke Nagamine will take place. As you all well know, Soke Nagamine's knowledge and skill make him a true Master Of Karate. His performance of Kata is simply breathtaking; his ability to impart knowledge is legendary, and throughout this seminar you will have the opportunity to be personally guided by him in an in-depth study of the techniques and tactics which make Matsubayashi-ryu a formidable fighting system, and a thorough introspective examination of the true nature of the mind and spirit.

I sincerely hope that you and your students will be in a position to join with us for what I believe is a fantastic opportunity to train directly with Soke Nagamine. I have attached information on the seminar schedule, the costs, accommodation, and some travel tips which I believe you will find useful, but if you need anything else, please don't hesitate to contact me via e-mail at martin.shorinryumayo@gmail.com. You can also speak with me, or SMS me at +353 876 407263.

I look forward to seeing you in August, to welcoming you to Castlebar, and to working out with you on the Dojo floor.

With kind regards,

Martin O'Malley
Ireland.

EVENT SCHEDULE

<u>DATE</u>	<u>TIME</u>	<u>ACTIVITY</u>
Friday 5 th August		Soke Nagamine Arrives
Saturday 6 th August	3 pm – 5 pm 7 pm	Seminar Dan Grades Only <i>Welcome Dinner All Dojo Owners/Dan Grades</i>
Sunday 7 th August	10.30 am – 11 am 11 am – 12.30 pm 2.30 pm – 4.30 pm	<i>Introductions Of Soke Nagamine & Visiting Dojo Owners</i> Seminar All Ages & Grades Seminar 3 rd Kyu & Above Only
Monday 8 th August	10.30 – 12.30 pm	Seminar 3 rd Kyu & Above Only
Tuesday 9 th August	10.30 – 12.30 pm	Seminar 3 rd Kyu & Above Only
Wednesday 10 th August	10.30 – 12.30 pm	Seminar 3 rd Kyu & Above Only
Thursday 11 th August	10.30 – 12.30 pm 7 pm – 9 pm	Seminar 3 rd Kyu & Above Only Seminar Dan Grades Only
Friday 12 th August	6 pm – 7.30 pm 7.30 – 8 pm 8 pm – 10 pm	<i>Demonstrations By Each Dojo</i> <i>Speeches & Presentations To Soke Nagamine</i> <i>Farewell Party</i>
Saturday 13 th August		Soke Nagamine Departs

SEMINAR FEES

Full Seminar (Black Belts)	€100	Dan Grade Classes Only	€50	One Dan Grade Class	€30
Full Seminar (Brown Belts)	€80	Individual Session	€25	Kyu Grades (Open Class)	€20

WELCOME PARTY & FAREWELL PARTY

All Places At The Welcome Party & Farewell Party Must Be Pre-Booked.

The Welcome Party Will Take Place In A Local Restaurant. Costs Are The Responsibility Of The Individual.

The Farewell Party Will Take Place In The Dojo At A Cost Of €10 Per Person.

BUS/RAIL SERVICES IN IRELAND

Bus Services	Bus Éireann	www.buseireann.ie
Train Services	Iarnród Éireann	www.irishrail.ie

AIRPORTS

Ireland West Airport, Knock is closest airport to Castlebar at about 25 minutes drive from the town. You can catch a taxi to Castlebar town from here.

Galway Airport is approximately 1 hours drive from Castlebar, and is serviced by a bus connecting the two towns. Check the Bus Éireann web site to make sure that you can connect with one of these services.

Shannon Airport is approximately 2 hours from Castlebar, and again, a bus services connects to the town, but you'll need to check the time tables.

Dublin Airport has by far the most flight options, but is 3 ½ hours from Castlebar. It is however connected by both bus and train services, but as with any of the airports, you'll need to check out the time tables to make sure that you can connect with them.

GETTING AROUND

Despite the bus/train options, we actually recommend that you hire a car for the duration of your trip as it will give you much more freedom to explore the countryside of County Mayo, and to see all it has to offer. Just remember, we drive on the left side of the road!!

ACCOMMODATION

Hotel Accommodation is available in Castlebar Town. We recommend searching the following hotels

www.breaffyhouseressort.com	(1.5 km from the venue, outside the town limits)
www.harlequinhotelcastlebar.ie	(1.5 km from the venue, within the town limits)
www.welcomeinnhotel.com	(1.5 km from the venue, within the town limits)

B&B Accommodation is also available in Castlebar. We recommend you check out the following website for approved B&B's in the Castlebar area. www.bandbireland.com. Enter your county search as Mayo, and the town as Castlebar for the dates you require.

ACTIVITIES

There are so many things to see and do in Castlebar and the surrounding areas that I can't include them all here, however, you'll get loads of ideas on www.castlebar.ie. If you have something in particular you want to see or do, just let me know and we'll try to help you arrange it. For those of you travelling with family, the cinema, bowling alley, games arcade, pool, snooker, gym and leisure centre is 3 minutes walk from the Dojo, and the main shopping area is about 10 minutes walk.

RESTAURANTS

Castlebar has many restaurants and bars which serve food for you to choose from. Good food at a reasonable price is available in 'Bosh' and 'Bar One'. Expect to pay about €10 to €15 for a main meal at either of these. Lidl has a store 5 minutes walk from the Dojo so you can pick up snacks and drinks there.

SCHEDULE CHANGES

The organisers reserve the right to add to, alter, or combine the scheduled classes if it is deemed necessary.

PARTICIPATION FORM

PERSONAL INFORMATION

NAME: _____
AGE: _____
RANK: _____
TEL: _____
E-MAIL: _____

DOJO INFORMATION

DOJO NAME: _____
COUNTRY: _____
INSTRUCTOR: _____
DOJO WEBSITE: _____

ATTENDING (Please Tick As Appropriate):

Full Seminar (Dan Grade)

Dan Grade Classes Only

Single Dan Grade Class **Date:** _____

Full Seminar (Brown Belt)

Individual Session (Brown Belt) **Date:** _____

Open Class Only (Kyu Grades)

WELCOME PARTY

FAREWELL PARTY

LIABILITY WAIVER:

I, the undersigned, understand that Matsubayashi-ryu Karate-do & Kobujutsu, as a Martial Art is a contact activity, and carries with it an inherent risk of injury. I agree to hold harmless Soke Nagamine, White Tiger Martial Arts, the European Matsubayashi-ryu Karate-do Association/World Matsubayashi-ryu Karate-do Association, the venue management committee and all their agents and representatives for any injury sustained by me/my child(ren) as a result of my/his/hers/their participation at/in this event. I also agree that my performance/the performance of my child(ren) may be recorded and the images used by the promoter and his/her agents as part of future marketing campaigns. I waive any compensation thereof. I further agree that in the event of an accident I/my child(ren) any treatment afforded to me/my child(ren) will be first aider only. Where further medical aid is required I/my child(ren) will be transferred to Mayo General Hospital, Castlebar. I agree that where in the opinion of a qualified medical practitioner there is need for any therapeutic intervention (including the administration of blood or blood products) this may be done. I understand that the costs for this will be at my own expense.

Signed: _____

Date: _____

Block Capitals: _____