

The University of Kent is proud to announce

THE ULTIMATE KARATE FIGHTERS BOOT CAMP 2014



Elisa Au Fonseca 5th Dan

- 3 x World Champion
- 4 x Pan American Champion
- World Games Silver & Bronze Medallist
- World Combat Games Silver Medallist



Led by

Wayne Otto OBE 5th Dan

- 9 x World Champion
- 9 x European Champion
- 18 x English Champion
- National Coach Norway



Alex Blamonti 5th Dan

- 6 x World Champion
- 19 x European Champion
- 11 x French Champion
- National Coach France

The Boot Camp is eligible for athletes 14 years and above, and must have experience at Regional, National or International level competitions.

Price: £100

Date: 31 July - 2 August 2014

Location: University of Kent, Canterbury

Focussing on:

- Fitness and conditioning
- Training drills and routines
- Attacking and defensive techniques
- Fighting scenarios and strategies
- And much more!

For further details and to book your place on the Ultimate Karate Fighters Boot Camp contact:

ukfbootcamp@gmail.com

To book accommodation at the University of Kent, visit:

<http://kenthospitality.kent.ac.uk/kxbnb>

All athletes under the age of 16 must be accompanied by a parent / Guardian for the whole event.

For accommodation options see overleaf.



Early Bird
Discounts on
all rooms until
23 May!

Accommodation at the University of Kent

The University of Kent offers a great choice for bed and breakfast accommodation. Your booking includes free on-site parking. All this on a 300 acre campus overlooking the historic City of Canterbury and its lovely cathedral. Visit:

<http://kenthospitality.kent.ac.uk/kxbnb>

Accommodation type	Price per night	Early Bird Price per night
Single bed en suite	£47.25	£41.50
Double en suite	£75.00	£70.00
Single standard (shared bathroom)	£31.50	£28.00

