



2012 Samurai Karate NZ Camp

With Sensei Paul Mitchell 8th Dan Hanshi

Chief Instructor Samurai Karate International

April Friday 13th- Sunday 15th



Camp Details

Cost- \$220.00

**Includes : Courses/All
meals/accommodation**

**Camp will Commence at
5.30pm**

**At Lakeland Park Camp
Queenstown**

Registration

Name.....

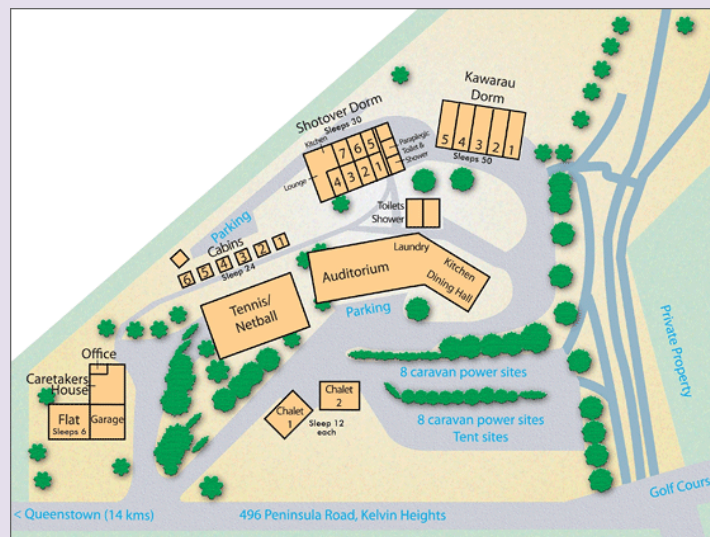
Grade..... Age.....

Dojo..... Vegetarian?.....

Camp fee attached yes / online 060209 0178010 00



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- **Black belt grading-** There will be a black belt grading on Friday night starting at 8pm.
- **Activities-** a range of activities will be included on the camp including sports, movies on Saturday night and Kayaking.
- **Transfers-** There will be transfers available for those flying in from the Auckland.

All enquiries – Sensei Andrew 027 6941946 / samurai@woosh.co.nz



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Camp

menu

Friday 13th

Evening BBQ Menu

Marinated beef steaks, Pork and watercress sausages, Asian garlic BBQ marinated chicken

Roast potato and egg mayonnaise salad

Garden salad with balsamic olive oil dressing

Chocolate brownie with strawberry compote and chocolate ice cream

Saturday 14th

Breakfast Menu

Selection of cereals, breads, pastries and fresh fruits and juice.

Cooked streaky bacon, baked beans, hash browns and scrambled eggs

Lunch Menu

Gourmet bread rolls with pesto chicken, tomato, cheese and salad with coleslaw and potato crisps.

Fresh fruit platter with Greek yoghurt

Dinner Menu

Slow roast leg of Southland lamb, roast kumara duo, buttered garden vegetables and minted gravy

Pavlova fresh fruits and vanilla cream

Sunday 15th

Breakfast Menu

Selection of cereals, breads, pastries and fresh fruits and juice.

Cooked streaky bacon, baked beans, hash browns and scrambled eggs