



Shotokan Karate of America, San Jose Dojo

Covid-19-Careful Karate Camps Summer 2022

Three sessions

20-25 June

18-22 July

8-12 August

Register now: Spaces are limited and will fill quickly!

Price

Regular registration: **\$300.00**

Early Registration Discount: **\$25.00 off** each session, if registration and payment are made **before May 1st**.

Bring one or more friends and both you and your friend receive an additional **\$25.00 off**.

Location

**Yu-ai Kai Akiyama Wellness Center
110 Jackson Street
San Jose, CA 95112**

Covid-19 Requirements for all attendees:

Two official cards demonstrating participant's vaccine record:

- Covid-19 vaccination card showing fully vaccinated status
- Digital QR code from <https://myvaccinerecord.cdph.ca.gov/> (or similar if outside CA)

Masks may be required of all attendees. Both adult and child sized N95 or KN95 masks will be made available free of charge.

More Info

<https://www.sanjoseshotokan.com>
or call **(408) 634 - 8655**

Learning Objectives

- Traditional Japanese Karate Etiquette (bowing, respecting one another, courtesies, humble attitude, etc.)
- Japanese Terms (counting, names of techniques, general karate related words and phrases)
- Basic Forms and Stances
- Proper way to make a fist
- Blocks, Punches, Kicks
- Sparring Drills (supervised)

Uniform Requirement

All youth and children should wear plain white uniforms with plain white belts, which you must obtain before camp starts. Recommendations for where to buy uniforms is available.

Expectations

All: Must try one's best and not give up.

Expulsions: Those with behavioral or attitude issues can be kicked out with partial refund.

Fighting: Combat outside the dojo is strongly discouraged. A mature karate practitioner uses words before fists. Using diplomacy or humbly turning away from a confronting situation is best.

"The ultimate aim of karate lies not in victory nor defeat, but in the perfection of the character of its participants". – Master Gichin Funakoshi.

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Instructors

All of our instructors have been CPR and FirstAid trained and have attended CAP (Child Abuse Prevention) courses. All are experienced in leading children and adult karate, have professional experiences in education, and are members in good standing with Shotokan Karate of America, our national organization.

Johnny Martin

Johnny started practicing with SKA in 1980 while studying at California State College, south of Pittsburgh, Pennsylvania. On rediscovering SKA again on the west coast, Johnny resumed practice with the Saratoga Dojo in the 1990's. Outside the dojo Johnny is busy with entrepreneurial adventures in software development and high-tech.

Johnny was previously hired by the YMCA of Silicon Valley and has taught children and adult karate classes at several YMCA locations in the Bay Area.

Kevin Floyd

Kevin started practicing at Cal State Long Beach in 1987. Kevin was promoted to shodan in 1990, and currently holds the rank of nidan. Kevin began his professional career teaching university and high-school mathematics and physics. He has had a successful career in technical marketing with major networking and cybersecurity companies and recently has decided to return to a career in tutoring and teaching.

Paula Piemonte

Paula has been training with SKA since 2002. She started practicing at Saratoga Dojo in 2002. Paula was promoted to Shodan in 2009 and Nidan in 2013. Paula has been in the Education industry for more than 20 years as a teacher, school principal, and education leadership consultant. Paula also has more than 20 years of experience leading children and adult karate classes.

Solange Emsallem

Solange has been training with SKA since 2013 and holds the rank of nikyu. She has been teaching general music for grades 1st to 5th at the French American School in Sunnyvale since 2005. She grew up in France where she graduated in Music Education and taught music to children ages 3 to 14 years old. She is also a certified kids yoga teacher and plays the bass in Redwood Symphony. Solange often leads the children in karate instruction at San Jose Dojo.



Solange Emsallem leads children in a kata presentation at the Nikkei Matsuri Festival, Japantown San Jose 2022



Johnny officiates a sparring match between Jay and Ava at the Nikkei Matsuri Festival, Japantown San Jose 2022

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