

## Booking Form

### **FULL KANGEIKO COURSE £50.00**

or

Fri: 7.30pm-8.30pm \_\_\_\_\_ £3.00

Sat: 8.00am-4.00pm \_\_\_\_\_ £30.00

Sun: 8.00am-4.00pm \_\_\_\_\_ £30.00

### **FULL GENERAL COURSE £25.00**

or

Fri (KIDS): 6.00pm-7.30pm \_\_\_\_\_ £3.00

Fri (ADULT): 7.30pm-8.30pm \_\_\_\_\_ £3.00

Sat: 10.00am-4.00pm \_\_\_\_\_ £15.00

Sun: 10.00am-4.00pm \_\_\_\_\_ £15.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_

Please make cheques payable to Dundee Ippon Judo club and send  
c/o: D Hammond, 29 Loons Road, Dundee, DD3 6AB

For further information please call Dave on 07525 451 454 or email  
macaitch@hotmail.co.uk



## **DUNDEE IPPON JUDO CLUB**

in conjunction with

## **DUNDEE UNIVERISTY JUDO CLUB**

# **KANGEIKO 2012**

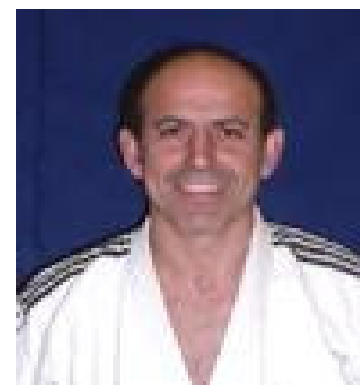
## **and General Course**

**10-12 February**

**at**

## **Dundee University ISE**

Guest Instructor:



*"Sampson is  
an inspirational  
coach" Mark  
Arbuthnott, 1st  
Dan.*

**Sampson Sampson, 6<sup>th</sup> Dan**

# Dundee Kangeiko 2012

2011 saw the first Dundee Kangeiko and following on it's success we bring another to you for 2012...

Kangeiko is harsh mid-winter training and is a traditional part of Kodokan Judo. It is designed to test an individuals budo spirit, combining hard work with excellent judo tuition. This is not just another judo course. You will have your fitness and determination tested in an atmosphere of intense training coupled with team building and relaxation activities.



Kangeiko is open to 3<sup>rd</sup> Kyu and higher, the general course is open to all grades. Training will be intense and designed to push each and every participant to their limits no matter age or experience.

The course starts on Friday evening with light training, but the pace increased over the Saturday and Sunday when there will be early starts and non-judo activities.



There will also be a judo-based lecture. The entire Kangeiko takes place on the Dundee University Campus and includes in the price breakfast on Saturday and Sunday and a social with buffet on the Saturday evening. Those attending just the course will be integrated with the kangeiko from 10 am on the Saturday and Sunday and are invited to the social on the Saturday evening

## Sampson Sampson

Originally heralding from Cyprus, Sampson Sampson moved to the UK with his family when he was 11 and has since made London his home.

6th Dan Sampson is a direct pupil of Alan Fromm at the Sobell and has run the Sobell Judo Club in Islington, London since the mid 80's. He is a former national champion in shiai and kata and has coached internationally at Olympic Level. As well as coaching at the Sobell, he has been invited to coach in Cyprus, Greece, Germany and Spain. He remains one of the most innovative coaches in the UK.



As a highly respected and sought after instructor, we are delighted to welcome Sampson back to Dundee to be Chief Instructor at our next Kangeiko!!

### ***Kangeiko 2011:***

*"As the event closed I felt two opposing emotions, sadness that it had come to an end and relief that I could finally rest my aching limbs." Bernard Tunney, 1st Kyu.*

*"Sampson sensei's coaching was seriously impressive..."*

*I was blown away by every part of it, even by the warm-ups. The judo itself was a revelation. Best judo event I've been to." Dave Lloyd, 2nd Kyu*