

# JAPAN KARATE ASSOCIATION SHOTOKAN KARATE-DO INTERNATIONAL



2024 FALL TRAINING CAMP  
**JKA OF ALBANY**  
SAT. & SUN. – SEPTEMBER 21st & 22nd

CAMP INSTRUCTORS

**SHU TAKAHASHI Sensei – 7<sup>th</sup> Dan**  
CHIEF INSTRUCTOR: JKA Shotokan Karate-Do International  
Assisting Camp Instructors, Sensei

<b>Douglas Luft</b>	<b>7th Dan</b>	<b>JKA of Albany</b>
<b>Francois Gelinas</b>	<b>7th Dan</b>	<b>JKA SKDC Canada</b>
<b>Robert Jacobs</b>	<b>7th Dan</b>	<b>JKA of UConn</b>
<b>Eiji Toriu</b>	<b>7th Dan</b>	<b>JKA of Boston</b>
<b>Mattie Thomas</b>	<b>6th Dan</b>	<b>Karate Spirit</b>

This year's Fall Training Camp and Instructor Training will be held on the weekend of Saturday September 21<sup>st</sup>. and Sunday September 22<sup>nd</sup>.. The JKA of Albany is pleased to host this year's camp at the Bethlehem YMCA. Same as last year, Sensei Takahashi will be instructing the weekend's classes. Below is a tentative training and meal schedule.

Saturday September 21st	Registration	9:00 AM – 10:00 AM
	Practice	10:00 AM – 11:30 AM
	Registration	1:30 PM – 2:00 PM
	Practice	2:30 PM – 4:00 PM

**\*\* DINNER: 5:00-9:00 PM - At the Elm Avenue Park Pavilion A – Small \*\***

Sunday September 22nd	Registration- Coffee, Bagels, etc.	8:00 AM- 9:00 AM
	Practice AM	9:00 AM-11:00

All practices will be held at the Bethlehem YMCA gymnasium, **900 Delaware Avenue, Delmar, NY 12054**

	<b>Black Belts</b>	<b>Brown Belts</b>	<b>Green Belts</b>	<b>White Belts or Under 18</b>
			<b>Blue</b>	<b>Yellow</b>
<b>Entire Camp</b>	<b>\$120</b>	<b>\$100</b>	<b>\$90</b>	<b>\$80</b>
			<b>Purple</b>	<b>Orange</b>
<b>Per Class</b>	<b>\$55</b>	<b>\$50</b>	<b>\$40</b>	<b>\$35</b>

Pre-registration is requested by September 13th to facilitate planning. If paid in advance by September 13<sup>th</sup>, the fee is discounted by \$10 for the entire camp or \$5 per class.

Send registration form and fee to Sensei Douglas Luft, 127 Mt. Hope Dr., Albany, NY 12202, Make checks payable to JKA Of Albany.

Contact Information, Doug Luft, (518) 445-0830, [jkaaluft@hotmail.com](mailto:jkaaluft@hotmail.com).

2024 Fall Training  
Camp  
Registration Form

\_\_\_\_\_  
Registering Club Name

Registration Due By:

September 13th, 2024

Return To: JKA of Albany  
c/o  
Douglas G. Luft  
127 Mt. Hope  
Drive,  
Albany NY  
12202

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

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

Phone: \_\_\_\_\_

Comments: \_\_\_\_\_

Member Name	Rank	Rel. Form	Accommodations	Deposit Rec'd	Balance Rec'd

Totals

Release of Liability

I understand that my participation in the JKA Fall Training Camp in Delmar, New York, on September 21st & 22nd, 2024 is at my own risk, and I agree not to hold the Japan Karate Association of Albany Inc., or the JKA Shotokan Karate-Do International, or the Bethlehem YMCA or its members or employees responsible or liable for any loss, injury, or accident resulting from my participation.

Read and Understood:

Date: \_\_\_\_\_

Participant Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

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Read and Understood:

Date: \_\_\_\_\_

Participant Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

# Accommodations 2024

## Comfort Inn

37 Route 9W  
Glenmont, NY 12077  
(518) 465-8811  
Fax (518) 465-5732

Go to link to check pricing of hotel and reservation

Continental Breakfast

20 Rooms reserved, please identify "JKA of Albany"  
Link <https://www.choicehotels.com/reservations/groups/TC54D7>

**Cutoff Date: to Reserved Rooms is September 8th**

Directions:

From NYS Thruway (87) Exit 23, take a Right on Rt. 9W, half mile,  
Comfort Inn is on the Right.

## Quality Inn

15 Frontage Road  
Glenmont, NY 12077  
(518) 449-5181  
Fax: (518) 432-9953

Rate: \$119.00 Double or King.

Continental Breakfast

20 Rooms reserved, please identify "JKA of Albany"

**Cutoff Date: to Reserved Rooms is September 8th.**

Directions:

From NYS Thruway (**87**) Exit 23, take a Right on Rt. 9W, go exactly one mile, **Quality Inn** is on the Right.

## **Directions to the Bethlehem Area YMCA**

Bethlehem Area YMCA

900 Delaware Ave

Delmar, NY 12054

(518) 439-4394

<http://www.cdymca.org/sn/locations/bethlehemarea.aspx>

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### **From Points West (Buffalo, Rochester, Syracuse)**

1. Take NYS Thruway (I-90) to Exit 23
2. After you pass through the toll booths, you will want to veer to the right for 9W.  
Take a right onto 9W (South)
3. Follow directions from 9W

### **From Points South (New York City)**

1. Take NYS Thruway (I-87) North to Exit 23
2. After you pass through the toll booths, you will want to veer to the right for 9W.  
Take a right onto 9W (South)
3. Follow directions from 9W

### **From Points East (Massachusetts, Connecticut)**

1. Take I-90 West into New York State
2. Take Exit 6A toward I-787 Albany. Stay to the left for I-787 South
3. Continue on I-787 South until the end.
4. Turn right onto McCarty Ave
5. Continue onto 9W/Southern Blvd
6. Follow directions from 9W

### **From Points North**

1. Take I-87 South (Adirondack Northway)
2. Take exit 7 for NY-7 E toward Troy/Cohoes
3. Exit right to I-787 South
4. Continue on I-787 South until the end.
5. Turn right onto McCarty Ave
6. Continue onto 9W/Southern Blvd
7. Follow directions from 9W

### **Bethlehem Area YMCA from 9W**

1. Merge onto Route 32 South / Delmar Bypass. Stay straight on 32 until you get to the T on the road (approximately 3.9 miles).
2. Turn right onto Van Dyke Road (you will pass the high school on your right).
3. At the traffic light, turn left onto Delaware Ave. The YMCA will be about  $\frac{3}{4}$  of a mile on your left at the top of the hill.