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26<sup>th</sup> Annual Gasshuku

*BEAUTIFUL LOCATION  
AND FACILITIES IN  
PARADISE*

*Camp Summit  
270 Private Rd. 3475,  
Paradise, TX 76073  
972-484-8900*

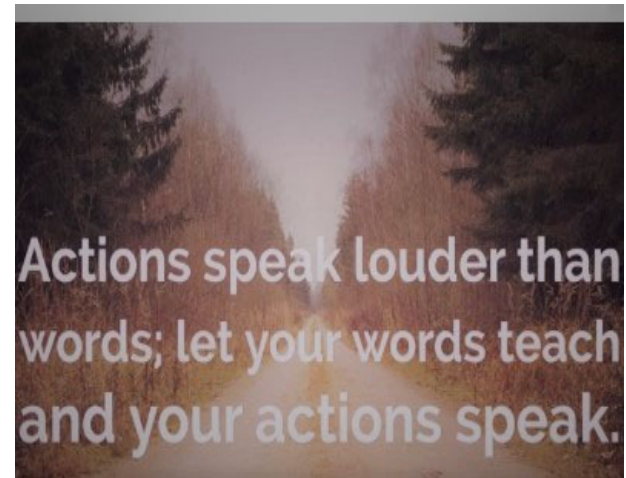
*For pictures & map, visit  
<http://campsummittx.org>*



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**TEXAS ISSHINRYU  
KARATE KAI**  
([www.texasisshinryu.org](http://www.texasisshinryu.org))

**GASSHUKU 2023**



**CAMP SUMMIT**

**APRIL 21-22-23, 2023**

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TEXAS ISSHINRYU KARATE KAI  
is proud to offer this GASSHUKU to all  
Sr (13+) students. We will be touching  
on all aspects of our Martial Arts  
training; using our body, mind, and  
spirit. At the same time, we will enjoy  
the campsite that is nestled in the trees  
and rolling hills of North Texas.

Do not miss this excellent experience!

ALL STUDENTS will be restricted to the  
camp area and will follow the camp  
rules. Visit our website for registration  
and all relevant information.

([www.texasishinryu.org](http://www.texasishinryu.org))



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## 26<sup>th</sup> ANNUAL GASSHUKU

“ACTIONS SPEAK LOUDER THAN  
WORDS!”  
**Schedule of Events**

### ***Friday, APRIL 21*** **AM**

7:00	Check in & room assignments
8:00	Breakfast – Main Lodge
9:30 – 10:30	Training Session
10:30 – 11:00	Break
11:00 – 12:00	Training Session

### **PM**

12:00 – 2:00	Lunch & Free Time - Main Lodge
2:00 – 3:30	Training Session
3:30 – 4:00	Break
4:00 – 5:30	Training Session
5:45	Dinner & Free Time Main lodge
7:30 – 9:00	Competition
9:30 – 11:00	Cabin Competition

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### **Saturday, APRIL 22** **AM**

7:45	Breakfast – Main Lodge
9:30 – 10:30	Training Session
10:30 – 11:00	Break
11:00 – 12:00	Training Session

### **PM**

12:00 – 2:00	Lunch & Free Time Main Lodge
2:00 – 3:30	Training Session
3:30 – 4:00	Break
4:00 – 5:30	Training Session
5:45	Dinner & Free Time Main lodge
7:30 – 9:00	Training Session
9:30 – 11:30	TALENT SHOW - SNL

### **Sunday, April 23<sup>rd</sup>** **AM**

7:00 – 7:30	Stretching - balancing – center
7:45	Breakfast – Main Lodge
9:30 – 10:30	Training Session
10:30 – 11:00	Break
11:00 – 12:00	Training Session

### **PM**

12:00 – 1:30	Lunch (Main Lodge).+ pictures
1:30 – 2:00	Setup/Sign in Parents & Guests
2:00 – 3:00	SKITS & DEMOS
3:00 – 4:00	PROMOTIONS & BREAKING
4:00 – 6:00	Potluck, Kumpai, etc