

AMA Karate Summer Course 2009.

The Chateau du Tertre. Normandy. France.

Sunday 23rd of August until Saturday the 29th of August 2009.

For all **AMA** members, their families and friends. **Children** are especially welcome.

Set in the heart of the Mayenne countryside close to the picturesque, traditional village of **Ambrieres-les-Vallees**, the Chateau du Tertre is an ideal base for groups to explore the area and try their hand at the exciting on-site activities.

The **AMA Karate Technical Committee** are pleased to announce that they have arranged for next years annual Karate Summer Course to be held in Normandy. France.

For **Karate** students the course will include 4 hours training per day by Instructors of 5th, 6th and 7th Dan in all the major Japanese styles. There will be Technical kyu and Dan gradings at the end of the course for those that wish to grade. Grading fees will be at current costs.

The Holiday includes **free** travel by Coach from a point near to where you live. **Free** Ferry/Channel Tunnel crossing. **Full board** with Continental breakfast, packed lunch and two course evening meal. **Free** daily excursions to local places of interest such as; Mont St Michel, the Bayeux Tapestry, Normandy D Day beaches and Museum, a Cider museum and many others. In addition to your training and all the activities listed below, there will be **Free** courses for First Aid and Automated external de-fibrillator, Please note that with the First Aid and De-fibrillator course there will be a charge for your certificates.

The venue can accommodate up to 250 guests at a time, in 4 separate accommodation blocks. Two blocks, Mayenne and Orne, have recently been converted into en suite rooms, mainly for 2/4 pupils with some larger family rooms. Please note that bedding is provided but guests should bring their own towels. Accommodation blocks are secured by an **entry-code** or **key system** at night and when groups are out. A safe is also available in the centre office for valuables.

The Chateau offers a wide variety of activity sessions and each group is entitled to one half day of activities per full day at the centre. Due to time constraints, sessions will not be available on the day of arrival or departure. Your activity sessions will be confirmed on arrival at the centre, as they are subject to weather conditions and staff availability, Naturally, we will do our best to accommodate your requests made on your itinerary. Please note that, to ensure a fair distribution of the most popular activities between groups, it will only be possible for groups to do either Trapeze or Zip Wire during their stay.

The activities available at the Chateau du Tertre are:

Archery, Challenge Course, Fencing, Orienteering, Team Games, Low Ropes Course, Initiative Exercises, Team Challenge Programme, Zipwire, Trapeze, Raftbuilding (subject to weather and river conditions) • Canoeing (subject to weather and river conditions) All activity sessions last 1 1/2 hours and there are two sessions in each morning or afternoon with a 15 minute break during which drinks are provided, Sessions are led in groups of up to 12 children, confirmed upon arrival.