

# Kikai Camp – Berkshires

## General Information

### Welcome to Kikai 2024!

Here is some general information to help optimize your experience. If you have any questions during your time in the Berkshires, please see camp co-directors Senseis Connie or Mark Flynn. Yoroshiku Onegaishimas!! (Let's have a great camp together.)

#### Locations

The Berkshire portion of the Kikai camp will be held at two locations as follows:

- July 21: ZenQuest Martial Arts at 55 Pittsfield Road, Lenox, MA
- July 22 & 23: Miss Hall's School Gym, 492 Holmes Road, Pittsfield, MA

#### What to Bring

- A clean Gi free of holes or tears
- Your Obi/belt
- A water bottle & Snacks
- Your phone for notes/photos (please silence your phone during training.)

#### Check-In

- Check-in will open up 30 minutes before the scheduled training session's starting time (see training schedule.) The first training session will begin at 9 AM on July 21.
- Each participant will receive a commemorative Kikai athletic towel as a gift
- Participants will also receive a training schedule and general information sheet

#### Etiquette Tips

Many of you have been training for a while and attended camps like this before. However, here are some gentle reminders for training with and presenting your Kata to Senior Karate Masters. Remember that you are representing yourself, your dojo, and your country.

- **Bowing** - Camp participants should bow to our Okinawan guests when first greeting them for the day, when approaching them before Kata, and whenever they provide instruction or assistance. Non-Okinawan seniors should be shown the same respect.
- **Gi and Belt** - The Gi should be clean and neat with no tears or holes. Ties should be tied with the pants strings tucked in (not loose.) In the post pandemic world we recommend wearing an athletic shirt under the Gi jacket. These should be tucked in, and revealing tops should be avoided.
- **Presenting Kata** - Before presenting Kata to a senior instructor, you should check that your Gi is as highlighted above. You should then bow before approaching the instructor and say 'Onegaishimas' ('please watch my kata.') You should next walk closer to the

instructor and stop close enough so that the instructor can see you well but leave enough space for your kata. Then bow again and say the name of the kata you are performing and begin. Once finished you should bow and wait in-place for feedback and tips from the instructor. You should listen carefully and try to understand what the instructor is telling you. If the instructor is non-English speaking watch them carefully as they demonstrate technique. Remember that this is an opportunity to improve your kata. **Avoid refusing feedback or discussing alternatives to what the instructor tells you.** Once the instructor has finished providing feedback you should bow and thank them. Then return to the place where you first approached and bow one last time before moving on.

### **Local Restaurants**

There are several restaurants available right in the area of the training locations. Here is a list of a few places you can try:

- **On A Roll Cafe** – 8 AM to 2 PM, Wed. to Mon., across the parking lot from ZenQuest (in the Lenox Commons Plaza.)
- **Antimony** – 11 AM to 10 PM daily, at the entrance of the Lenox Commons Plaza.
- **Electra's Café** - 8 AM to 2:45 PM, Tues. to Sun., 429 Pittsfield Rd., Lenox
- **Jae's Asian** - 6 AM to 10 PM daily +/-, 1032 South St. Pittsfield
- **Panda House** - 11 AM to 9:30 PM, daily, 506 Pittsfield Rd. Lenox
- **Heritage Inn** – Check Hours, Tues. to Sun., 12 Housatonic St., Lenox

There are lots of other choices available in Lenox and the surrounding areas easily found via the internet.

### **Activities**

There are tons of things to do in the Berkshires and surrounding areas during the summer season. Here's a few ideas:

- **Hiking** – Check out the best hiking choices via the 'All Trails' app. There are actually trail heads for 'Kennedy Park' right in the back of the plaza.
- **Shopping** – There are places to shop near the training areas including Khol's and Marshall's in the Lenox Plaza. The 'Lee Outlets' are a popular spot only a short drive away. There are also unique stores available in Lenox, Lee, Pittsfield, and Great Barrington, and the 'Crossgate's Mall' is in the Albany area about 50 minutes away.
- **Museums** – These include the Rockwell, Clark, Mass Moca, and Berkshire museums.
- **Adventure Parks** – There are adventure parks at 'Jiminy Peak' and 'Catamount' resorts. Check for available hours.
- **Pickleball & Tennis** - 'Bousquet Sports' is nearby for this and other fitness activities.

The first N. Attleboro training begins at 10:00 AM on Thursday, July 25 at the 'Bristol Mason Lodge', 46 S. Washington St., North Attleboro, MA. Info at [jeand22@comcast.net](mailto:jeand22@comcast.net)