

# 2010 BMAI Campout



**Tranquility Farm  
28055 Briggs Hill Road  
July 30 - August 1  
(Friday – Sunday)**

All students of BMAI and their families are invited to join us for all, or part, of our 3-day campout and martial arts training at Tranquility Farm, (about 20 minutes from BMAI Downtown Dojo and only 10 minutes from Churchill Dojo). Dennis Dallas will be joining us again as a guest instructor. Shihan Dallas is the head instructor of Helena Judo Karate Club in Helena, Montana.

Here are some things to know about the camp:

- Children are encouraged to participate, but they must have a parent or designated adult supervisor with them for the duration of the camp.
- All workouts will be held in a large field, next to our campsite, or in the woods.
- Bring shoes that you can train in.
- Some practices will be in gi, some in sweats and t-shirt.
- Bring warm clothes for the cool mornings and nights.
- Bring your own camp chair.
- Bring plenty of your own food and drinks. We will not be supplying food, utensils or cookware.
- We will not be cooking meals over campfires. We will supply a gas grill and large gas cook stove. Please let us know if you have a gas grill or folding tables you can bring.
- S'mores and hotdogs can be cooked over the bonfire.
- There is running water in the camping areas.
- There is an indoor shower and indoor toilets.
- We will set up an outdoor sink for washing dishes.
- We will have plenty of firewood on site for the bonfire.
- If you don't have a tent, there is room to sleep on the floor of the "barn."
- Dinner on Friday will be a group "Make Your Own Sushi" meal. See the dojo bulletin board to signup.
- There will be numerous games and activities available.
- **It is an alcohol-free event.**

Please ask if you have any questions. We hope you can join us!

**All campout participants must fill out an application form  
& pay camp fees by Thursday, July 29<sup>th</sup>.**

# 2010 BMAI Campout and Family Picnic

## Schedule of Events

### Friday

2:00 - 6:00 - Arrive / Set up camp / relax  
6:00 - 8:00 - Sushi Dinner (**sign up to participate**)  
8:00 - midnight - Bonfire - jokes, stories, and more lies  
9:00 - midnight - Movie & games in the "Barn"

### Saturday

8:00 - 8:30 - Yoga / stretching  
8:30 - 10:30 - Breakfast / relax  
10:30 - 12:00 - Morning practice w/ Sensei Best  
1:00 - 4:00 - Family Picnic (No Fee)  
5:00 - 6:00 - Evening Training w/ Shihan Dallas  
6:00 - 8:00 - Dinner  
8:30 - 9:30 - Capture the Flag (teens and adults)  
8:00 - midnight - Bonfire - jokes, stories, and better lies  
9:00 - midnight - Movie & games in the "Barn"

### Sunday

8:00 - 8:30 - Yoga / stretching  
8:30 - 9:30 - Breakfast / relax  
9:30 - 10:30 - Morning practice w/ Shihan Dallas  
10:30 - 1:00 - Camp cleanup and departure

### Tranquility Farm Features:

Large field for training - Woods to explore - Shower and indoor toilets -Volleyball -  
Croquet - Horseshoes - Small Wading pool - and more!

"The Barn" with a bathroom, couches and a floor to sleep on

Movies & board games every night in the "barn"

Bonfire every night (wood is supplied)

**20 minutes from BMAI Downtown Dojo - 10 minutes from Churchill Dojo**