



# Koshukai 2013 Information Packet

Event info, maps and driving directions,  
places to see, and fun things to do



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# WELCOME!

*Sensei Mike Nazar and the Austin Dojo welcome you to Austin, Texas and the 2013 Uechi-Ryu Koshukai!!! We are so glad that you could make it and are looking forward to training with you!*

This packet contains useful information like contact info, training and event schedules, directions and maps, and info on some hotspots in and around the Austin area that you may want to explore on your own. Please call, text, or email us if you have any questions, need suggestions, or happen to get lost. And most importantly... **TRAIN HARD & HAVE A GREAT TIME!**

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# Koshukai **Events** Schedule



<i>Day</i>	<i>Time</i>	<i>Event</i>	<i>Location</i>
<b>Tuesday</b> July 23	9 am – 12 pm	Koshukai Open Training Session Sensei & Sr. Instructor Training Session & Koshukai Training	Shoreline Event Center
	12 pm – 1:30 pm	LUNCH BREAK	
	1 pm – 4:30 pm	Koshukai Training Sessions	Shoreline Event Center
	6 pm – 9 pm	Sensei Business Meeting / Dinner	Buca di Beppo
<b>Wednesday</b> July 24	9 am – 12 pm	Koshukai Training Sessions	Shoreline Event Center
	12 pm– 1:30 pm	LUNCH BREAK	
	1 pm – 4:30 pm	Koshukai Training Session	Shoreline Event Center
	6:30 pm – 9:30 pm	July Birthday Party @ Dave & Buster's	Dave & Busters
<b>Thursday</b> July 25	9 am – 12 pm	½ Day Koshukai Training Sessions	Shoreline Event Center
	12 pm – 1:30 pm	LUNCH BREAK – Travel to Aquaholics boat docks	
	2:30 pm 5:30 pm	Koshukai Lake Trip (Arrive at least 15 minutes early)	Lake Travis - Aquaholics
<b>Friday</b> July 26	9 am – 12 pm	½ Day Koshukai Training Sessions	Shoreline Event Center
	11:30 am – 1 pm	LUNCH BREAK	
	1 pm – 5 pm	DAN Test	Shoreline Event Center
<b>Saturday</b> July 27	11:30 am – 1 pm	Koshukai Training Sessions (tbd)	Shoreline Event Center
	7 pm – 11 pm	Sayonara Banquet	The Oasis on Lake Travis

# Tuesday July, 23<sup>rd</sup> - Koshukai Training Sessions

TIME	GROUP	AREA	SESSION CONTENT	INSTRUCTOR
8:30			Doors Open	
9:00 - 9:30	ALL		Opening, Introduction & Announcements	M. Nazar
9:30 - 10:15	ALL		Warm up, Stretching, Group Sanchin	N. Shinjo
10:30 - 12:00	I	1	Kata Training	K. Fabrizio
	III & IV	2	Kata Training	N. Shinjo
	V	4	Kata Training	Y. Matsusaki
	VI	3	Kata Training	K. Shinjo
12:00 - 1:30		LUNCH* IN LOBBY OR ON YOUR OWN		
1:30 - 2:45	I	4	Kata, Sensei Choice	N. Shinjo
	II	6	Pre-test Certification	K.Shinjo/M.Nazar
	III	1	Kata, Sensei Choice	J. Thompson
	IV	2	Kata, Sensei Choice	Y. Matsusaki
	V	3	Defensive Skills / Pad Work	R. Martin
	VI	5	Kata, Sensei Choice	J. Spencer
3:00 - 4:00	I	3	Kata Applications & Techniques	J. Thompson
	III	4	Kyu & Dan Kumite	N. Shinjo / Y. Zayasu
	IV	1	Kyu & Dan Kumite	K. Shinjo / T. Yamashiro
	V, VI	2	Kyu & Dan Kumite	Y. Matsusaki
4:00 - 4:30	ALL		Fitness / Stretch / Announcements	N. Shinjo / M. Nazar

\*Lunch will be provided in the lobby for anyone that paid for lunches when registering. All others are on their own.

## SCHEDULE SUBJECT TO CHANGE

GROUP I	KYU RANKS
GROUP II	PRE-TEST CLASS
GROUP III	SHODAN
GROUP IV	NIDAN
GROUP V	SANDAN & YONDAN
GROUP VI	GODAN & UP



# Wednesday July, 24<sup>th</sup> - Koshukai Training Sessions

TIME	GROUP	AREA	SESSION CONTENT	INSTRUCTOR
8:30			Doors Open	
9:00 - 9:30	ALL		Opening, Introduction & Announcements	M. Nazar
9:30 - 10:15	ALL		Warm up, Stretching, Group Sanchin	N. Shinjo
10:30 - 12:00	I	1	Intro to Hojoundo Bunkai	Yamashiro / Y. Zayasu
	III	4	Kata & Bunkai Techniques	J. Thompson
	IV	3	Kanshiwa & Seisan Bunkai	Y. Matsusaki
	V, VI	2	Sanseiryu Bunkai	K. Shinjo / M. deSa
12:00 - 1:30	LUNCH* IN LOBBY OR ON YOUR OWN			
1:30 - 2:45	I	1	Sparring Fundamentals	R. Spoon
	III	4	Self Defense Techniques	R. Martin
	IV	3	Sparring Fundamentals / Drills	J. Thompson
	V, VI	2	Hojoundo Bunkai	K. Shinjo
3:00 - 4:00	I	1	Sparring Techniques / Applications	J. Thompson
	II	5	Test Candidate Partner Practicing	M. Nazar
	III, IV	2	Hojoundo Bunkai	K. Shinjo
	V, VI	4	Sparring Line Drills	N. Shinjo / Y. Zayasu
	VI	3	Teaching Sparring Techniques	Y. Matsusaki
4:00 - 4:30	ALL		Fitness / Stretch / Announcements	E. Martin

For those who pre-registered for the Birthday Party at Dave & Buster's: Party starts at 6:30, See Map pg. 16

## SCHEDULE SUBJECT TO CHANGE

GROUP I	KYU RANKS
GROUP II	PRE-TEST CLASS
GROUP III	SHODAN
GROUP IV	NIDAN
GROUP V	SANDAN & YONDAN
GROUP VI	GODAN & UP



# Thursday July, 25th - Koshukai Training Sessions

TIME	GROUP	AREA	SESSION CONTENT	INSTRUCTOR
8:30			Doors Open	
9:00 - 9:30	ALL		Opening, Introduction & Announcements	M. Nazar
9:30 - 10:30	I	1	Karate Training	Y. Zayasu
	III	5	Defensive Tactics	J. Foley
	IV	2	Karate Training	N. Shinjo
	V	4	Karate Training	K. shinjo
	VI	3	Traditional Dan Kumite	J. Thompson
10:45 - 12:00	I	1	Karate Training	Y. Matsusaki
	III, IV	2	Seiryu Bunkai	M. deSa
	V, VI	3	Kata Hojoundo Bunkai	K. Shinjo
	VI	4	Sanseiryu Bunkai Refresher	N. Shinjo
12:00 - 1:30			LUNCH - ON YOUR OWN	
1:30 - 2:30	Travel time allowed to Lake Trip departure - refer to maps or website for directions to Aquaholics			
2:30 - 5:30	Lake Trip - Arrive at least 15 minutes early			
5:30	Evening Open - You're on your own			

## SCHEDULE SUBJECT TO CHANGE

GROUP I	KYU RANKS
GROUP II	PRE-TEST CLASS
GROUP III	SHODAN
GROUP IV	NIDAN
GROUP V	SANDAN & YONDAN
GROUP VI	GODAN & UP



# Friday July, 26th - Koshukai Training Sessions

TIME	GROUP	AREA	SESSION CONTENT	INSTRUCTOR
8:30			Doors Open	
9:00 - 9:30	ALL		Opening, Introduction & Announcements	M. Nazar
9:30 - 10:30	I	1	Kumite Practice, Sparring Drills	Y. Matsusaki
	III	5	Kumite Practice, Sparring Drills	K. Shinjo
	IV	2	Kumite Practice, Sparring Drills	M. deSa
	V	4	Kumite Practice, Sparring Drills	N. Shinjo
	VI	3	Kumite Practice, Sparring Drills	J. Thompson
10:30 - 11:00	ALL		Group Photo	
11:00 - 12:00	ALL		Open - Kata, Bunkai, & Kumite Demo	
12:00 - 1:30			LUNCH - ON YOUR OWN	
1:30 - 4:00			Dan Promotional Test	
4:00 - 4:30	ALL		Closing Remarks & Announcements	
5:00			Evening Open - You're on your own	

## SCHEDULE SUBJECT TO CHANGE

GROUP I	KYU RANKS
GROUP II	PRE-TEST CLASS
GROUP III	SHODAN
GROUP IV	NIDAN
GROUP V	SANDAN & YONDAN
GROUP VI	GODAN & UP





# \*Saturday, July 27<sup>th</sup> - Koshukai Training Sessions

TIME	GROUP	AREA	SESSION CONTENT	INSTRUCTOR
9:00			Doors Open	
9:00 - 9:30	ALL		Warm up & Stretching	
9:30 - 11:30	ALL		Open Work Out	
11:30			Afternoon Open - You're on your own	
7:00 - 11:00	Sayonara Party @ The Oasis - See directions and map on pages 15 & 16			

\*Saturday training to be confirmed at conclusion of Friday Training

**SCHEDULE SUBJECT TO CHANGE**



# Driving Directions

from **Hyatt Place** 3612 Tudor Blvd., Austin, TX 78759  
to **Shoreline Events Center** 15201 Burnet Rd, Austin, TX 78728

## WITH TOLLS (7 miles – 10 minutes)

1. Head West (right) on Tudor Blvd. toward Stonelake Blvd. (0.1 mi)
2. Take the 1<sup>st</sup> right onto Stonelake Blvd. (0.4 mi)
3. Turn Right onto N Capital of Texas Hwy (0.3 mi)
4. Turn Left onto Mopac Service Rd. (436 ft)
5. Slight left to merge onto Mopac, Loop 1 North (5.3 mi) (Partial Toll Road)
6. Take the Shoreline Drive exit (pay toll) (0.4 mi)
7. Turn right onto Shoreline Dr. (0.2 mi)
8. Take the 1<sup>st</sup> right onto Farm to Market 1325 / Burnet Rd (0.1 mi)
9. Destination is on the left

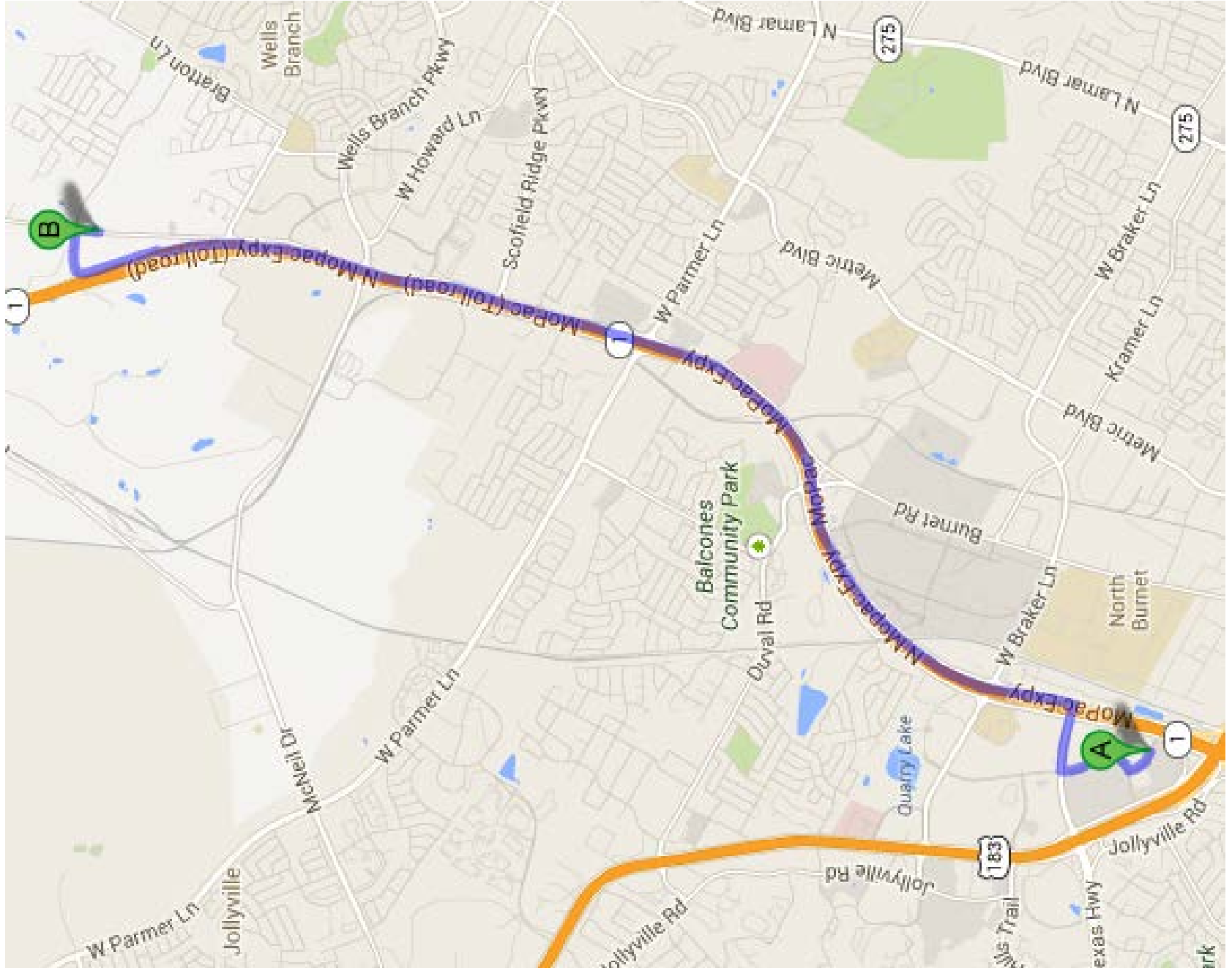
## WITHOUT TOLLS (6.6 miles – 11 minutes)

1. Head West (right) on Tudor Blvd. toward Stonelake Blvd. (0.1 mi)
2. Take the 1<sup>st</sup> right onto Stonelake Blvd. (0.4 mi)
3. Turn Right onto N Capital of Texas Hwy (0.3 mi)
4. Turn Left onto Mopac Service Rd. (436 ft)
5. Slight left to merge onto Mopac / Loop 1 North (2.7 mi)
6. Take the Scofield Ridge Parkway exit. (The sign will say *LAST FREE EXIT*) (0.4 mi)
7. Merge onto the Mopac service road (0.2 mi) (Move at least one lane over to the right)
8. Continue straight on Mopac Service Road / Burnet Rd / FM 1325 North (2.4 mi)
9. Destination will be on the right



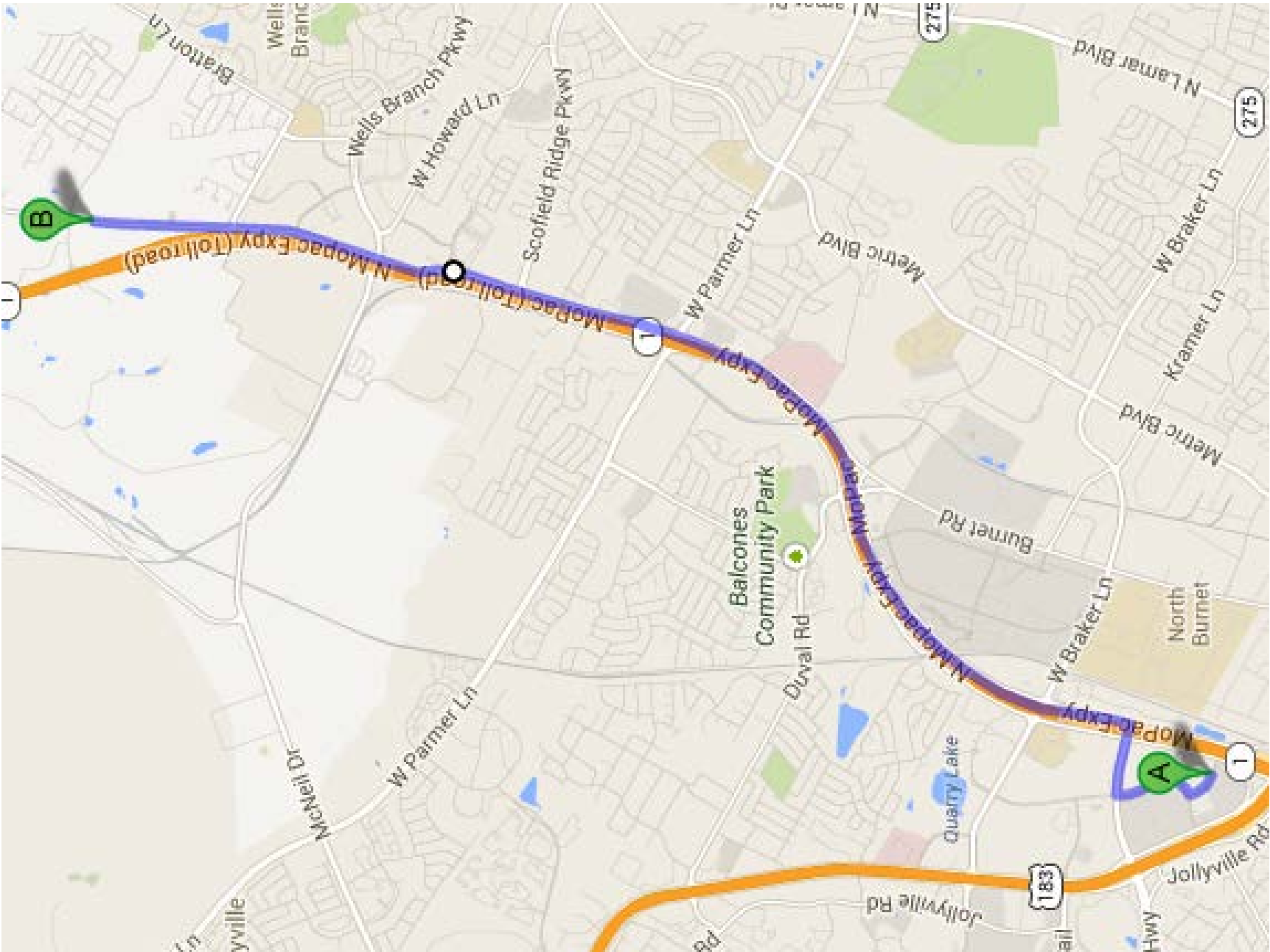
MAP From Hyatt Place Hotel To Shoreline Events Center (Toll Road)

TOP OF MAP



MAP From Hyatt Place Hotel To Shoreline Events Center (No Toll Road)

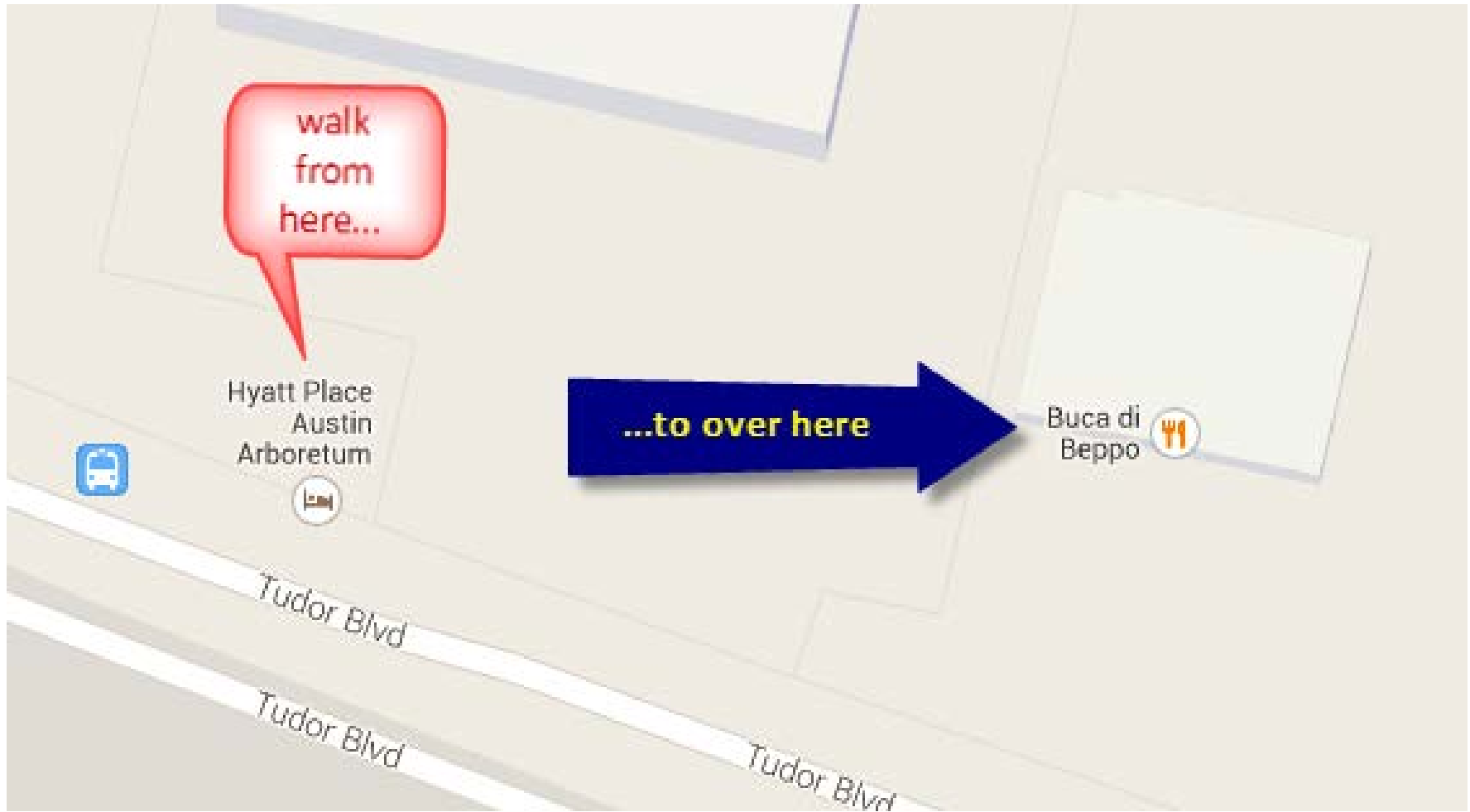
TOP OF MAP



# Map

from **Hyatt Place** 3612 Tudor Blvd., Austin, TX 78759

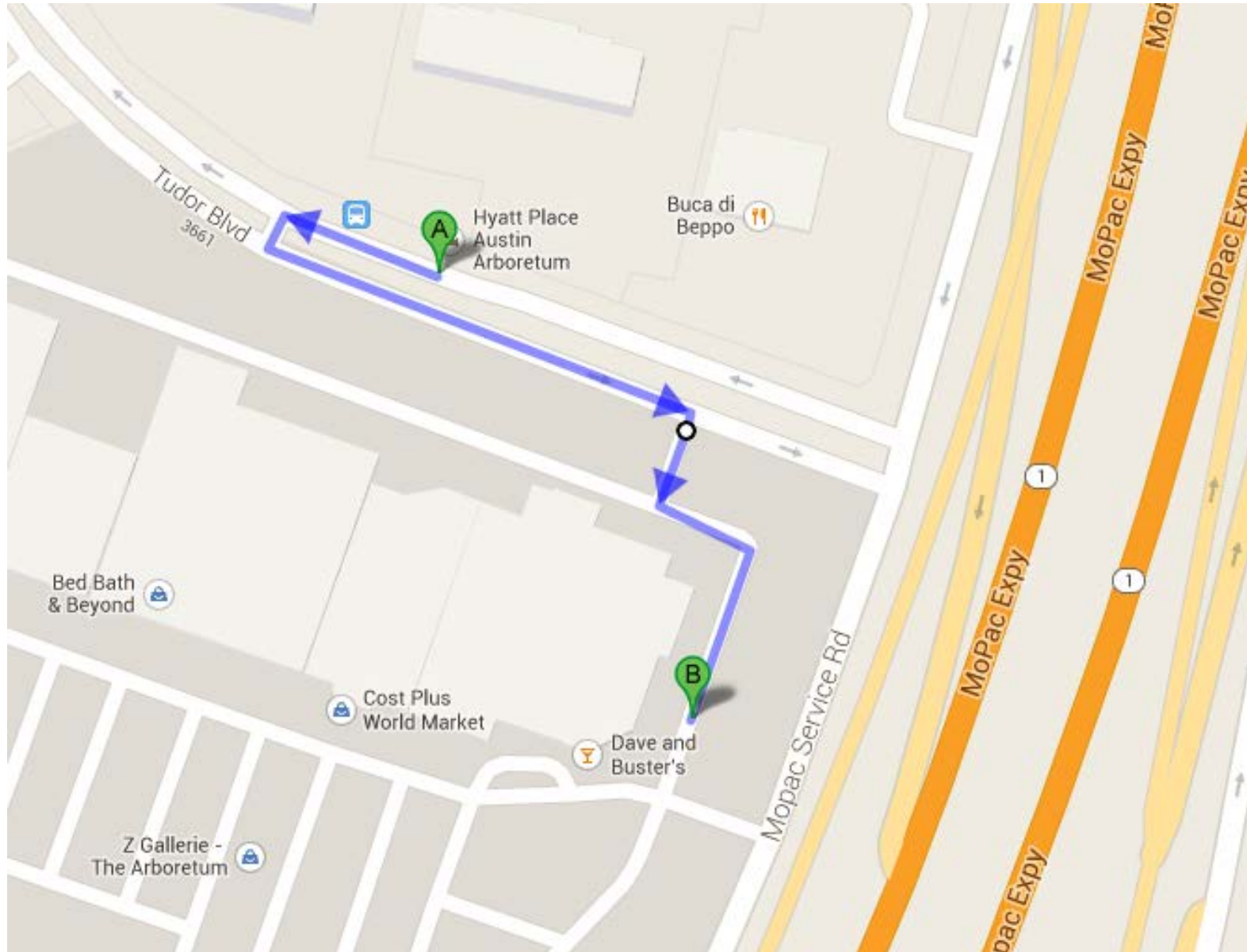
to **Buca Di Beppo** 3612 Tudor Blvd., Austin, TX 78759 (Tuesday 7 pm – 9 pm)



# Map (Drive or Walk)

from Hyatt Place 3612 Tudor Blvd., Austin, TX 78759

to Dave and Buster's 9333 Research Blvd A600, Austin, TX (Wednesday, 7 pm – 10 pm)



# Driving Directions

from Hyatt Place 3612 Tudor Blvd., Austin, TX 78759

to Koshukai Lake Trip @ Aquaholics 16209 Dodd St., Volente TX 78641 (512-989-7838)

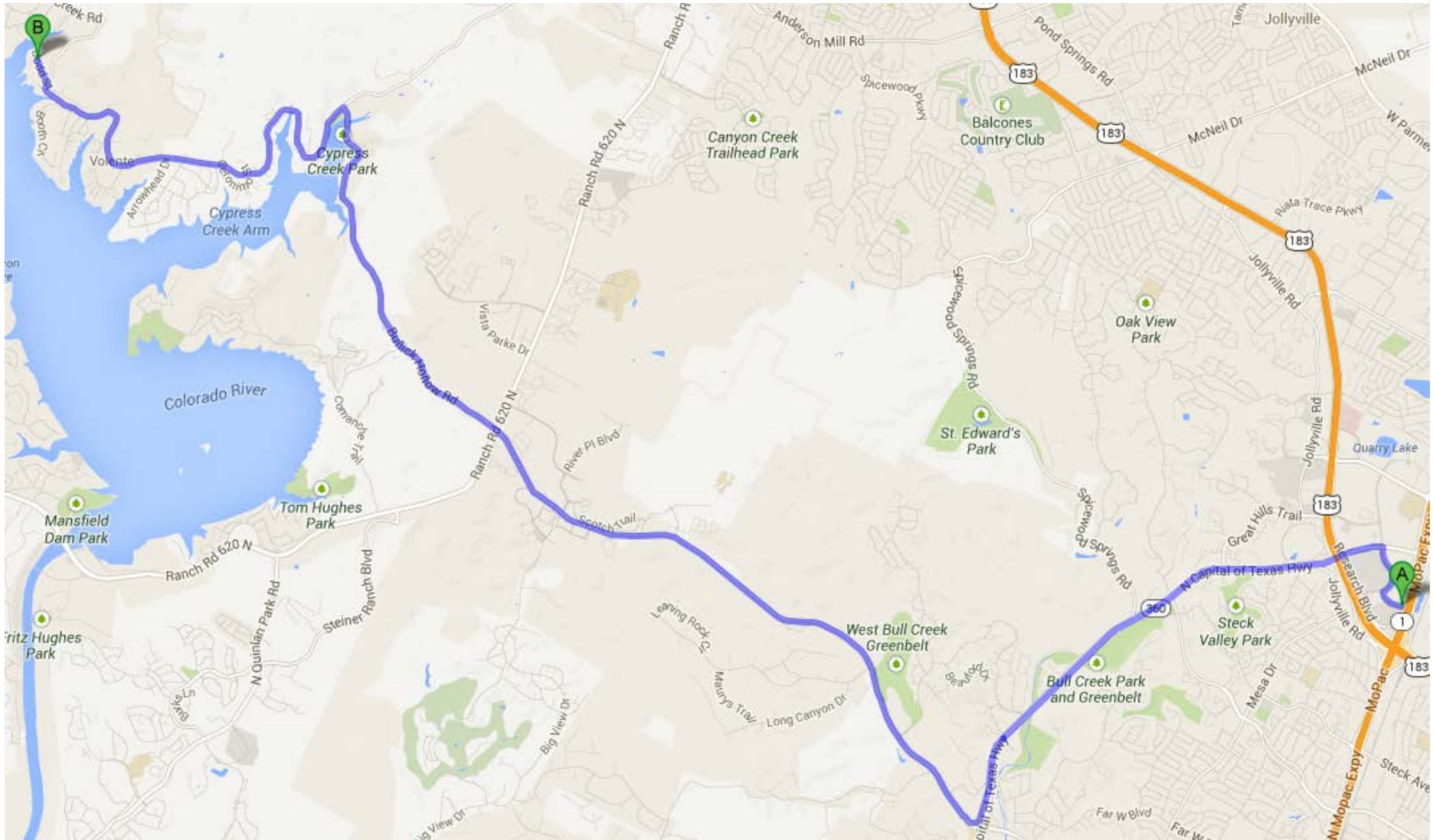
1. Head West (RIGHT) on Tudor Blvd. toward Stonelake Blvd. (0.1 mi)
2. Turn LEFT onto Stonelake Blvd. (0.4 mi)
3. Turn LEFT on N. Capital of Texas Hwy (3.9 mi)
4. Turn RIGHT onto RM 2222 W (5.4 mi)
5. Continue onto Bullick Hollow Rd. (3.1 mi)
6. Turn Left onto FM 2769 (3.8 mi)
7. Turn RIGHT onto Lime Creek Rd. (246 ft.)
8. Take the 1<sup>st</sup> LEFT onto Dodd St.
9. Destination will be on the LEFT



# Map (Drive or Walk)

from Hyatt Place 3612 Tudor Blvd., Austin, TX 78759

to Boat Trip @ Aquaholics 16209 Dodd St., Volente TX 78641 (512-989-7838) (Thursday 2:30 – 5:30)





# Driving Directions-Sayonara Party

from Hyatt Place Arboretum @ 3612 Tudor Blvd., Austin, TX 78759

to The Oasis @ 6550 Comanche Trail, Austin, TX 78732

Saturday, 7 pm – 12 am

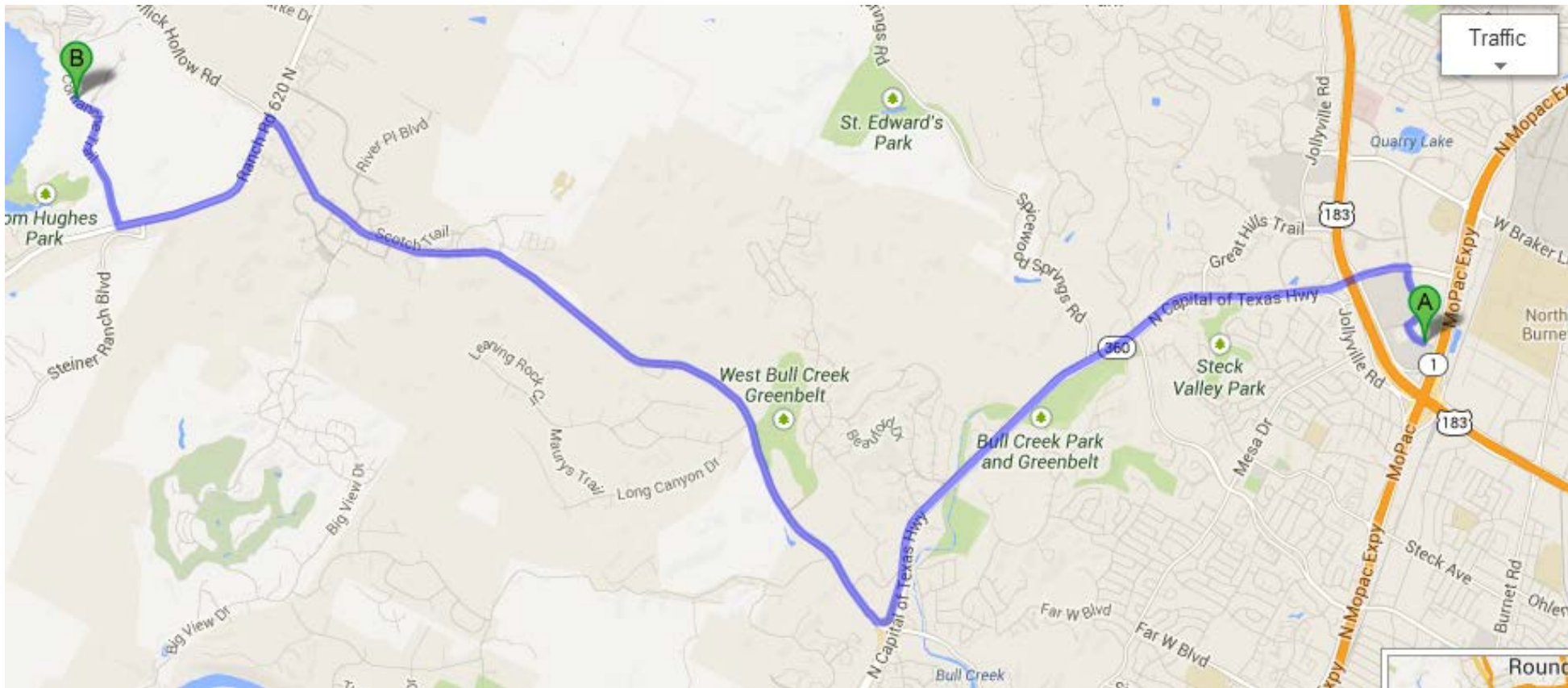
## 11.0 miles – 19 minutes

1. Head West (RIGHT) on Tudor Blvd. toward Stonelake Blvd. (0.1 mi)
2. Take the 1<sup>st</sup> RIGHT onto Stonelake Blvd. (0.4 mi)
3. Turn LEFT onto N Capital of Texas Hwy (3.9 mi)
4. Exit onto RM 2222 West (RIGHT) (5.4 mi)
5. Turn LEFT onto Ranch Rd. 620 (1.2 mi)
6. Take the 1<sup>st</sup> RIGHT onto Comanche Trail (0.9 mi)
7. Destination will be on the LEFT



# Map

from **Hyatt Place** 3612 Tudor Blvd., Austin, TX 78759  
to **The Sayonara Party @ The Oasis** 6550 Comanche Trail, Austin, TX 78732  
Saturday, July 27<sup>th</sup>, 7 pm – 12 am



## Restaurants around Hyatt Place

- Roaring Fork** - \$\$\$ - American - 10850 Stonelake Blvd., Austin, TX 78759 (512-342-2700)
- Truluck's** - \$\$\$ - Seafood/Steak – 10225 Research Blvd., Austin, TX 78759 (512-794-8300)
- Jasper's** - \$\$\$ - American/Steakhouse – Domain Shopping Center, 11506 Century Oaks Terrace, Suite 128, Austin, TX 78758 (512-834-4111)
- Maggiano's** - \$\$ - Italian - Domain Shopping Center, 10910 Domain Dr., Austin, TX 78758 (512-501-7870)
- California Pizza Kitchen** - \$\$ - Pizza – 3401 Esperanza Crossing, Austin, TX 78758 (512-836-4400)
- NoRTH** - \$\$ - Italian – Domain Shopping Center – 11506 Century Oaks Terrace, Austin, TX 78758 (512-339-4400)
- NXNW Restaurant & Brewery** - \$\$ - American/Brewery – 10010 N. Capitol of Texas Hwy, Austin, TX 78759 (512-467-6969)
- Sushi Saki** - \$\$ - Sushi Bar – 9503 Research Blvd., Suite 500, Austin, TX 78759
- Iron Cactus** - \$\$ - Mexican/Tex-Mex – 10001 Stonelake Blvd., Austin, TX 78759 (512-794-8778)
- BJ's Restaurant & Brewery** - \$\$ - American/Brewery – Arbor Walk Shopping Center – 10515 Mopac Expressway, Austin, TX 78759 (512-349-9000)
- The Cheesecake Factory** - \$\$ - Desserts/American – Arboretum Shopping Center – 10000 Research Blvd., Suite 4602, Austin, TX 78759 (512-241-0777)
- Baby Acapulco** - \$\$ - Mexican – 9505 Stonelake Blvd., Austin, TX 78759 (512-795-9000)
- Mighty Fine Burgers** - \$ - Hamburgers/Fries/Shakes – Arbor Walk Shopping Center 10515 N. Mo-Pac Expy., Austin, TX 78759 (512-524-2400)
- Freebird's** - \$ - Mexican – 11101 Burnet Rd., Austin, TX 78758 (512-836-9700)

## Other Places around Hyatt Place

- Whole Foods Market** – Natural Grocery Store/Deli/Juice Bar - Gateway Shopping Center - 9607 Research Blvd. Austin, TX (512-345-5003)
- GEO Laundry** – Laundromat – 11689 Research Blvd., Austin, TX 78759 (512-502-9201)
- Target** – 10107 Research Blvd., Austin, TX 78759 (512-687-1315)
- Academy Sports and Outdoors** – 12250 Research Blvd., Austin, TX 78759 (512-506-6000)
- REI** – Sporting Goods – 9901 N. Capital of Texas Hwy., #200, Austin, TX 78759 (512-343-5550)
- Randall's** – Groceries – 10900 Research Blvd. Austin, TX 78759 (512-345-1825)



# Restaurants around Shoreline Events Center

Didn't order a boxed lunch or bento box? No worries as there are plenty of places to get a bite right around the corner... Here are just a few.

**Brooklyn Pie** - \$ - Pizza/Calzones/Salads – 2711 La Frontera Blvd., Round Rock, TX 78681 (512-255-1414)

**Schlotzky's** - \$ - Sandwiches – 2700 Parker Rd., Round Rock, TX 78681 (512-671-6101)

**Serrano's** - \$ - Tex-Mex - 2701 Parker Rd., Round Rock, TX 78681 (512-218-4888)

**Chipotle** - \$ - Mexican – 150 Sundance Pkwy., Round Rock, TX 78681 (512-828-0788)

**Fire Bowl Café** - \$ - Asian - 150 Sundance Pkwy., Round Rock, TX 78681 (512-248-2695)

**Applebee's** - \$\$ - American – 2700 Parker Rd., Round Rock, TX 78681 (512-388-7353)

**Dickie's BBQ** - \$ - BBQ - 661 Louis Henna Blvd #330, Round Rock, TX 78664 (512-244-2877)

**Beluga** - \$\$ - Sushi/Japanese – 661 Louis Henna Blvd., Round Rock, TX 78664 (512-255-6454)

**Jason's Deli** - \$ - American/Salad Bar – 117 Louis Henna Blvd., Round Rock, TX 78664 (512-238-9023)

**Deckhand Oyster Bar** - \$ - Seafood - 500 Parker Rd, Austin, TX 78728 (512-368-3379)

**Pho Hoang** - \$ - Vietnamese – 399 Louis Henna Blvd., Austin, TX 78728 (512-238-8008)

**Bill Miller BBQ** - \$ BBQ – 14718 N. IH-35, Austin, TX 78728 (512-251-1977)

**Zorba Greek** - \$ - Meditteranean – 2601 S. IH-35 B-500 Round Rock, TX (512-716-0100)

**HEB** - Grocery Store - 603 Louis Henna Blvd, Round Rock, TX, 78664



# Hot Spots in Austin

There are a lot of great things to do in Austin in your free time...

**Barton Springs Pool in Zilker Park** – (\$3 Swim in spring fed pool) 2201 Barton Springs Road, Austin, TX 78746 (512-476-9044)

**Mount Bonnell** – 3800 Mount Bonnell Rd., Austin, TX 78731 (512-974-6700)

**Zilker Botanical Gardens** – 2220 Barton Springs Rd. Austin, TX 78746

**Lady Bird Johnson Wildflower Center** – 4801 La Crosse Ave., Austin, TX 78739 (512-232-0200)

**The Rowing Dock** - Kayaking, Canoeing, Stand Up Paddle Boarding (Rentals) – 2418 Stratford Dr., 78746 (512-449-0999)

**Deep Eddy Pool** – Spring Fed Pool

Austin is considered the Live Music Capital of the World! Check out [www.austin360.org](http://www.austin360.org) and [www.austinchronicle.com](http://www.austinchronicle.com) to find out what's going on around town.

