

# Scottish and Borders Birankai Spring Camp 2014

May 3<sup>rd</sup> - 5<sup>th</sup>  
Stirlingshire, Scotland

*with guests*

**P Masztalerz**

Chief Instructor, Wroclaw Aikikai  
Poland

**M San Miguel**

Hombu Dojo  
Japan

*and*

Scottish and Borders Birankai Senior Teachers

*Zazen*

*Body Art*

*Weapons*

*Iai Batto-Ho*

Places are limited for residential accommodation.

For enquiries contact Paul Robinson at

[springcamp2014@gmail.com](mailto:springcamp2014@gmail.com)

*“Wha daur meddle wi me”*

# Chapter and Verse

## The Venue

Our accommodation will be in Carronvale House, Carronvale Rd, Larbert, Stirlingshire, FK5 3LH. The property is currently owned by The Boys Brigade, and has accommodation for 65 people in a mixture of two, three and four bed rooms, all en suite. Meals will be served in Carronvale House, with the exception of an optional box lunch on the final day, and a buffet accommodation for commuters in the sports hall. We will have full use of the grounds throughout our stay, which include a lovely garden, 5-a-side football pitch and tennis court. ([Link to venue](#))

## The Training

Training will be based on Chiba Sensei's Four Pillars of:

**Zazen      Tai Jitsu      Weapons      Iai Batto-Ho**

During this course, training will be organised into blocks, with each block consisting of 4 hours of training broken down into sitting, tai jitsu, weapons, and laido. There will be 4 complete blocks throughout the weekend.

**Saturday:    13.00 - 17.00**

**Sunday:      08.30 - 12.30    14.30 - 18.30**

**Monday:     08.30 - 12.30**

Additionally, there will be directed training for teachers. It is requested that each teacher take a moment of self reflection and identify what they feel are their key weaknesses in body art, weapons and Iai Batto-ho. These will be collected, analysed, and used to construct an additional complete block for teachers, focussing on weaknesses identified and running concurrent with the standard training.

## Fees

Accommodation and meals	Training fees
1 night and 3 meals = £42.50	1 Block = £25
2 nights and 6 meals = £85.00	2 Blocks = £45
	3 Blocks = £55
	4 Blocks = £60

Book online [here](#). You will receive an invoice and payment details shortly.