

Special Training Checklist

What to bring to special training at Cate School

Practice: Special training is a time to focus on your practice, so don't bring items that would distract you from your practice, but bring what you need to help you make your best practice.

Karate gi – a minimum of 2. 3 are better.

There are laundry facilities that use a cash card (which will be made available). You may want to bring some travel packets of detergent.

Obi (belt) – don't forget it.

Mouthguard

Handguards (optional)

SKA membership card

Sunscreen – very important!

After practice: You will stay in the dormitories at Cate School. Each room has a closet and single mattress. It can be cool in the mornings and evenings, so be sure to bring some warm clothing. I find that I tend to bring too much as it is not necessary to shower and put on clean clothes after every practice.

Sleeping bag, pillow

Sheet for mattress, if desired

Plastic hangers to hang wet gis.

Clothes line (20') to hang wet gis.

Towels (2)

Toiletries, medications, contact lenses

Lozenges or honey (kiai relief)

Comfortable long pants/shirts

T shirts/shorts

PJs, underwear

First aid

Needle to drain blisters

Nuskin

Alcohol wipes

Band aids, tape

Gauze

Ziplock bag (for ice)

Shower slippers

Jacket

Cap

Food: Meals will be provided in the Cate School cafeteria. If you are likely to crave some particular snacks (e.g. chocolate, etc.), or have special dietary needs (Donal brings microwavable vegan dishes in pouches from Trader Joes), you may bring your own. There is also a water dispenser in the cafeteria, so it is not necessary to bring water. The first practice of each day is before breakfast, so you might want to bring something *light* to eat then.

Water bottle/canteen

Cliff Gu shots/granola bars

Electrolyte tablets (e.g Nuun) or

Gatorade

Other: As mentioned above, your primary focus at special training should be on your practice.

The rooms do have electrical outlets, but there is no wifi.

Notebook, pen to take notes

Reading material (e.g. Karate-do Kyohan)

Flashlight

Camera

Lock (dorm has lockable closet)

Schedule: You must arrive at Cate School on Wednesday evening before 10 pm. The first practice will be on Thursday morning. There will be 8 practices for everyone. Brown belts and black belts have 1 or 2 additional practices.