

# '16 CSSD Warrior Weekend - Check List

**Site Address:** Charis Hills Camp, 498 Pleasant Hill Cemetery Rd., Sunset, TX, 76270 Phone: 888-681-2173

**Average Temperature:** High low 80's in day, low 60's at night

## Checklist

**Reports:** *(all reports submitted must be typed and turned in before the test start!)*

- € First testers bring KENPO report
- € Yellow through Brown Belt – bring Curriculum report
- € Black Belt Testers: Bring Book Report **and** Founders Report (if you forgot this, Friday night is going to be a LONG night!)
- € (Printed) List of punch, grab, weapon & kata techniques you have to date.

## **Clothing:**

- € Gi & Obi (**DO NOT FORGET YOUR OBI!**) Replacements: \$10 Mudansha, \$150 Shodan, \$175 Nidan & Up
- € Spare Gi Top & Pants – *it is highly suggested you bring a 2<sup>nd</sup> GI for day #2*
- € Sneakers (old / suitable to protect your feet) and/or Water Shoes
- € Change of clothes / clothing to wear post-test activities
- € Hat, Bandanna, etc.
- € Sunglasses
- € Backpack
- € 2+ T-Shirts
- € Undergarments
- € Socks
- € 1-2 Large [Bath] Towel(s) for showering
- € 1 Small Towel for Backpack
- € Long sleeve t-shirt and/or insulated t-shirt (in the event of cold weather) / sweatshirt
- € Thin gloves (in the event of cold weather)
- € Skull cap or similar cap (in the event of cold weather)
- € Backup clothes to wear on Saturday after getting out of water

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## **Toiletries:**

- € Tooth Brush / Paste
- € Deodorant
- € Hair Brush
- € Shampoo
- € 1 - 2 rolls of Toilet Paper
- € Body Soap
- € Medicine, as needed

## **Food:**

- € Bring water – suggest a case or at least one gallon
- € Water Bottle to keep water (water will be needed in your backpack)
- € Sport Drinks Note: It is suggested to avoid those with high sugar content such as Gatorade
- € Protein and/or Energy bars suggested
- € Snacks
- € Food for any special dietary requirements (e.g. breakfast bars, granola, dry cereal, fruit, etc.)
- € Coffee and pot, as needed Note: Meals on Saturday a.m. and Sunday a.m. will include Coffee service
- € For those as least 21 years old, feel free to brink Beer, Wine or Sake

***Note:** Food to be provided for lunch & dinner on Saturday, and brunch on Sunday. Saturday morning the dojo usually provides small items such as bananas, granola bars, oranges, apples. If you need something else pre-test, please plan on bringing that yourself!*

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## **Other:**

- € Sunscreen
- € Bug Spray
- € Hanger to hang dry your Gi (especially if you're only bringing one!)
- € Citronella Candles (optional)
- € Flashlight (optional)
- € Ear Plugs (highly recommended)
- € 1 Roll of Paper Towel
- € **Yudansha and above:** 10"x12" or 12"x12" Pine Boards or Concrete Pavers for demo
- € Film / Video Recorder/ Camera / Batteries (*optional*)
- € Air Mattress and/or Sleeping Bag, Blanket(s), Linens & Pillow(s)
- € Weapons for Self-Defense portions of test
- € Weapons for Kata (Bo, Kama, Sword, Sai, etc.)
- € Two (2) 55-Gallon Trash Bags
- € A small fan to cancel out noise and help better sleep (optional)