

**Enroll Today !!**



**Training  
and Fun !**

2022

**Karate Summer Camps**

**June(20-24<sup>th</sup>) July(18-22<sup>nd</sup> )August(22-26<sup>th</sup> )**

**The Focus:** The focus of the camp is to instruct campers on proper techniques and progressions involved in martial arts. The camp is specifically designed to help students of all ranks enhance and develop the necessary skills to excel at their current level and prepare them to advance to the next level. Students will be placed in groups according to age and ability. The camp has three principles all students must follow: Have Fun! Be Safe! Work Hard!

**Camp Prices (Basic members)**

Single Week Camp **Only \$ 230.00**

**(Black Belt Club Members)**

Single Week Camp **Only \$200.00**

**Camp Schedule:**

8:00am	Check in
9:00 - 9:30am	Warm-up
9:30 - 10:30am	Curriculum
10:30am - 11:30pm	Drills
11:30-12:00pm	Lunch
12:00- 12:30pm	Curriculum
12:30-2:00pm	Partner work/ Games
2:00pm	Check out

*Camp days are themed differently each day.*

*Monday: Weapons Day(Staff,Escrima,Nunchaku)*

*Tuesday: Self Defense / Video Stunt Day*

*Wednesday: Outdoor Training / Water Day*

*Thursday: Obstacle Course Day*

*Friday: Sparring ABC's / Tournament Day*

Check-in: 8:00 AM each morning.

Check-out: 2:00 PM each afternoon.