

*It's that time of the year to start thinking about Summer Camps. Our highly qualified Instructors supervise our Camps in a safe, clean environment and everyday is filled with fun games and high-energy team competitions. What makes our Camps different is the added bonus of martial arts lessons. We want to provide children with a learning experience, not just fun and games. Every day, we schedule self-defense training and additional curriculum that develops confidence, concentration, discipline and character. Each student trains for 5 days, Monday thru Friday 9:00am – 12:00pm or 9:00am-3:00pm, here at the dojo.*

### **ABC (Accelerated Boot Camp)**

*The ABC Program is an "Accelerated Boot Camp" program in which each student will train in all their requirements and within the 1 week timeframe they will have the opportunity to test and graduate to their next belt level. Now that's Acceleration!!! This is a great opportunity to improve their martial arts skills with additional lessons and practice.*

- June 28, 2010- July 2, 2010 9am-3pm
- July 12, 2010-July 16, 2010 9am-3pm
- August 9, 2010-Aug. 13, 2010 9am-3pm

#### **Registration Rates for ABC Acceleration Camps (LD Classes and above):**

**Current Students** - \$199 per week, per student plus the cost of Belt Testing Fee

**New Students** - \$199 per week, per student plus registration and the cost of Belt Testing Fee. Uniform is included in the cost.

**We are accepting Sign-Ups for all Summer Camps Now!! Classes are limited and a \$50 deposit maybe needed in order to secure a spot, so sign up NOW and secure your spot TODAY!**

**There is a 10% discount off each additional camp as well as all siblings will receive a 10% discount for their camp. For those parents that need to drop off early or need to pick up late, you can arrange this with Sensei, Ian or Jackie for \$5 for per hour.**

### **XMA (Extreme Martial Arts)**

*Learn Plyometric Exercises for dynamic speed, Kicking Skills for precise and incredible kicks, Jump kick Gymnastics for flips and aerials, and dynamic Weapons and Open Forms to create the most exciting competitor.*

- July 5, 2010-July 9, 2010  
(No Weapons – Technique only) 9am-12pm
- July 12, 2010-July 16, 2010

- (Weapon - Bo) 9am-12pm
- July 19, 2010-July 23, 2010
- (Weapon - Kama) 9am-12pm

## **Sparring**

*Refresh and learn more sparring techniques to enhance your sparring game.*

- June 21, 2010-June 25, 2010 9am-12pm
- August 16, 2010-Aug. 20, 2010 9am-12pm

## **MMA (Mixed Martial Arts)**

*In our MMA Camp you will learn to integrate stand-up skills (Traditional Karate, Boxing and Muay Thai Kickboxing) and BJJ-based ground-skills such as submission holds consisting of joint manipulation, locks or choke holds.*

- July 19, 2010 - July 23, 2010 9am-12pm
- August 2, 2010 – August 6, 2010 9am-12pm

### **Registration Rates for XMA, Sparring and MMA Camps (LD Classes and above):**

**Current Students ONLY** - \$125 per week, per student plus cost of weapon, if you need it.