



**IMPROVE
YOUR
TRAINING**



MARTIAL ARTS CAMP



Camp Schedule

Time	Day	Thursday	Friday	Time	Saturday
4:00 - 4:30pm		Arrival and attendance	Arrival and attendance	11:00-11:15am	Arrival and attendance
4:30 - 5:00pm		Back Kicks Hook Kicks Turning Whip	Arnis	11:15a-12:00p	Taekwondo Form 4 & 7
5:00 - 5:30pm		TKD Blocking & Stances / Forms 1-2	Taekwondo Forms 4 & 5	12:00-12:15p	Sparring drills Side Kick & Round Kick Bowing
5:30 - 6:20pm		Snack time	Snack time	12:30-1:20pm	Break time
6:20- 7:10pm		Power Stretching/ Form 1	Board Breaking	1:20-2:10pm	Falling & Rolling/ Forms 7 & 8
7:10-7:55pm		All Self Defense / Speed Kicks	All Self Defense / & Power Kicks	2:10-3:55pm	Nunchuks Forms Performance & Stamina Evaluation / Results, Certificates
7:55-8:00pm		Pick-up Time	Pick-up Time	3:55-4:00pm	Pick-up Time

Time: Thu. & Fri. 4-8pm/ Sat. 11a- 3p
Date: Aug. 21st - 23rd

Cost: \$230
 Gloves \$45
 Stick \$20
 Nunchuks \$20