



Martial Arts and Recreation Camp (Ages 6-15)

WEEK 4 IS FULL!!

This camp is an excellent way to introduce youngsters to the world of martial arts. The lead instructor Jose Ponce is a 7th degree black belt of the American Kenpo Karate Academy.

This camp will be covering every aspect of the introduction to martial arts. Campers will work on the physical aspect with many drills designed for specific targets: balance, strength, agility and conditioning drills. We will also briefly introduce the children to the history and philosophy of martial arts and the rules of sport competition. We include activities like board breaking, during which we teach the proper and safe way of breaking. During this class the A-Z basics of Karate will be worked on: basics, stances, combinations, sets, sparring, point sparring, breaking, stretching, kicks, jump kicks, take downs, and self defense. Each week a guest instructor will teach a mini-instructional and motivational clinic. This is the most complete introductory martial arts camp of the area, the children will be learning and having lots of FUN at the same time.

Remember to bring loose and comfortable clothing, plenty to drink and extra set of clothing.

Snacks will be available for sale at the school.

Week 2, 4 and 9

8 am - 4:30 pm \$205/week OR 9 am - 12 pm \$105/week

Location: American Kenpo Karate Academy

Featuring "Built-in" before and after care for your convenience 6:30 am – 6:30 pm at the Freedom Center for Full Day campers only. Note that campers will participate in supervised, self-directed, unstructured activities during before and after care hours.

Full Campers will leave from and return to the Freedom Center each day to enjoy other games and activities like wall ball, capture the flag and daily swim time. Please pack a snack, lunch, water bottle and a swim suit.

Half Day campers should be dropped off and are picked up directly from American Kenpo Karate Academy directly at the given time. Campers should bring a water bottle and a snack.

Week 7 FULL DAY at AKKA

8 am - 4:30 pm \$205/week OR 9 am - 12 pm \$105/week

Location: American Kenpo Karate Academy

Featuring "Built-in" before and after care for your convenience 6:30 am – 6:30 pm at the AKKA Academy. Note that campers will participate in supervised, self-directed, unstructured activities during before and after care hours.

Full day campers should be dropped off and picked up at AKKA. The campers will be going to the pool at the Freedom Center two times during the week. A snack, lunch, water bottle and swimming suit is required.

Half Day campers should be dropped off and are picked up directly from American Kenpo Karate Academy directly. Campers should bring a water bottle and a snack. Directions to American Kenpo Karate can be found on the main camp page under Directions to Specialty Camps.