



Self-defense Camp for Girls (Ages 6-15)

WEEK 1 FULL DAY SESSION IS FULL!!

This camp is carefully designed for girls in situations where they need practical and effective self defense. Everything is hands on and simplified to be used effectively.

Will be using bags, hand targets, shields, blocking bats this way every technique will be tested many times on realistic and in motion targets. The instructors will be wearing a partial or full red man suit (protective suit) and we will create scenarios to test the learned skills.

The curriculum is progressive and logic with effective simplicity: hand drills, leg drills, hand and leg drills, close range drills, ground drills and combinations. An important aspect of this camp is awareness. Female police officers will conduct mini instructional camps. A police detective will give a brief talk about awareness and prevention.

This is a fantastic camp is all girls to learn to how to understand, avoid, and deal with dangerous situations.

Week 1

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. 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 5 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 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.