

SUMMER CAMP '2014



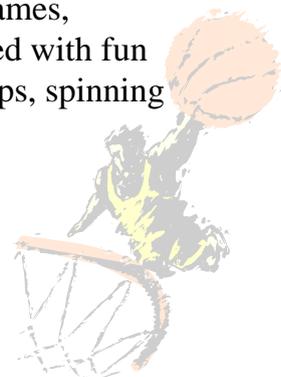
Dear Parents,

I have pleasure in announcing that the “Freestyle Combat Summer Camp” will be held at **ASHLEY JUNIOR SCHOOL, Normans way, Ashley, New Milton. BH25 5FN. (School gym).**

The summer camp will consist of a mixture of Karate and sports games, running three hours a day for three days, and will be jammed packed with fun whilst learning some very exciting karate techniques, such as sweeps, spinning kicks and street defence.

ITINERARY FOR A TYPICAL DAY AT SUMMER CAMP.

10.00 - 10.45am	-	Karate (pad work and spinning kicks)
10.45 - 11.00am	-	Break
11.00 - 12.00pm	-	Sports games (basketball/softball soccer, etc.)
12.00 - 12.15pm	-	Break
12.15 - 12.45pm	-	Karate (various sweeps and street defence)
12.45 - 1.00pm	-	Karate Games (Bulldog)



COURSE DETAILS

Monday	4th August	-	10.00am - 1.00pm
Tuesday	5th August	-	10.00am - 1.00pm
Wednesday	6th August	-	10.00am - 1.00pm

COST - Students - £30 Friends - £35 Daily Rate - £12.50

Please return the form below with **full payment** no later than **Friday 25th July** as there are limited numbers for this camp.



!Please make cheques payable to Freestyle Combat Karate.

PLEASE FILL OUT AND RETURN BOTTOM HALF ONLY

FULL NAME: _____ TEL: _____

I ENCLOSE THE SUM OF:£ _____ Dates attending _____