

# SUMMER CAMP '2015



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 five 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 and dodge ball)

## COURSE DETAILS

<b>Monday</b>	<b>3<sup>rd</sup> August</b>	-	10.00am - 1.00pm
<b>Tuesday</b>	<b>4<sup>th</sup> August</b>	-	10.00am - 1.00pm
<b>Wednesday</b>	<b>5<sup>th</sup> August</b>	-	10.00am - 1.00pm
<b>Thursday</b>	<b>6<sup>th</sup> August</b>	-	10.00am - 1.00pm
<b>Friday</b>	<b>7<sup>th</sup> August</b>	-	10.00am - 1.00pm

**COST** - **Students** - £50.00    **Friends** - £60.00    **Daily Rate** - £15.00  
**Squad members** – £45.00    **Elite Squad** - Free

Please return the form below with **full payment** no later than **Friday 31<sup>st</sup> 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 \_\_\_\_\_

