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

The holiday camp is open to all children from year two upwards and will consist of a mixture of karate and sports games, running eight hours a day for five days. The SEKF holiday camp will be jammed packed with fun whilst offering some very exciting karate, games and agility training. There is no need to wear a karate suit as sportswear and trainers are more appropriate.

Everyone who attends the full five days will receive a certificate.

**ITINERARY FOR A TYPICAL DAY AT HOLIDAY CAMP.**

8.15 - 8.30am - Arrive and settle in

8.30 - 9.30am - Sports games (basketball / softball soccer / dodge ball)

9.30 - 9.45am - Rest and Waterbreak **(**bringa water bottle**)**

9.45 - 11.00am - Karate (pad work)

11.00 - 11.30am - Snack and Waterbreak **(**bring a snack**)**

11.30 - 1.00pm - Sports games (various fun sport games)

1.00 - 2.00pm - Lunch break (bring lunch)

2.00 - 3.00pm - Karate (agility training / karate games)

3.00 - 4.00pm - Rest / read and draw time (bring a book and pencil case)



**COURSE DETAILS**

**Monday 9th August – Friday 13th August -** 8.15am - 4.00pm

**COST - Karate Students -** £125.00 **Squad members –** £100.00

**Elite Athletes – Free Daily rate -** £32.50

Please return the form via WhatsApp to Sensei Danny on 07813 329 710 confirming payment by **Friday 30th July** as there are limited numbers for this camp.

PLEASE FILL OUT AND RETURN BOTTOM HALF ONLY

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_\_** MOB:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BD00017_j0151325j0174551j0174539BD00010_BD00017_j0151325j0174539BD00010_j0174551I HAVE PAID THE SUM OF: £\_\_\_\_DATES ATTENDING\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**! Please make payment to Freestyle Combat Karate – 50134759 – 20-68-79**