

Hapkido / Grappling Week **July**

26-30 Hapkido is a martial art designed to use your opponents energy against them. Many martial arts are designed for the bigger stronger person, however Hapkido is designed for everyone. Strength and size is not a requirement because Hapkido is based on using the opponent's energy and redirecting it to work for you. This fun filled week will teach pressure points, joint manipulation, redirection and avoidance of conflict. Grappling is learning how to defend yourself if you are throwing someone, being thrown or on the ground. You will learn how to apply the same techniques from tae kwon do and Hapkido while on the ground as well as learn how to use your legs as a self defense tool while on the ground. **Students will have the opportunity to graduate to their first or next rank in Hapkido at no additional cost!**

Sticks for Kids **August 2-6**

Learn the Philippine art of stick self defense. Master Julius Melegrito has created a fun, safe and exciting way to teach single and double stick to children. In the course of 5 days students will become proficient in both single and double stick as well as be introduced to the Philippine art, mano y mano. **Students will have the opportunity to graduate to their first or next rank in Sticks at no additional cost!**

Advanced Training Camps **August 16-19**

This is a 4 day camp designed for Red belts and higher. The students will learn advanced theory, technique, weapons, leadership and self defense strategies for the first 2.5 days. The last 1.5 days the students will have the opportunity to use their leadership with each other and with various other students in a variety of martial arts training drills. **Cost \$99**

Catch up / Get Ahead Camp! **August 18-19**

This 2 day camp is for students that just graduated or have missed a lot during the summer and want to get a jump start on their new curriculum or want a refresher on their curriculum. **Cost \$69**

Registration & Tuition

1 week	\$179
2-3 weeks	\$169 per week
4-6 weeks	\$159 per week

Half day pricing is available upon request.

Multiple family member discounts are available.

Participants Name: _____

Parent Name: _____

Best contact number: _____

Best Time: _____

Weeks attending: _____

Requires \$99 non refundable deposit

(weapons not included)

Camp hours 9:00-3:30 with early drop off at 7:30 am
and late pick up at 6:00 pm



2010
Martial Arts Summer Camp

Where culture and tradition meets creativity



Martial Arts University 2010 Summer Camp

Martial Arts University has offered fun and exciting summer camps since 1995. Our summer camps help foster focus, self discipline, goal setting and strong family values through their daily lessons in the martial arts. 2010 will be no different!

This year participants will have the opportunity to study martial arts from Japan, China, Korea, Philippines and the United States. Each week students will learn the history behind the art, about the culture and customs from each country as well as the art itself. Students will



gain a deeper appreciation of different customs and traditions while learning fun and exciting new techniques.

Students will have fun and train hard throughout the week and at the end of every week parents, family and friends are invited to come watch the students put on a demonstration to display what they have learned. This gives the parents a chance to see what they are learning and gives the students the chance to show off how much they have learned. Register now for the most fun and the most you'll ever learn in one summer!

Summer Camp Weeks

Demonstration Week June 14-18

Learn high flying aerial stunts. Learn how to capture an audiences attention and command the spotlight by using gymnastics, acting, mesmerizing aerial tricks and mind blowing power and high flying breaking routines. Not only will you do the above but you will learn extreme weaponry! Extreme weaponry is taking traditional moves and making them extreme! Twisting turning flipping and kicking while using weapons! You will be able to stand planted with your feet on the ground and command the attention of the audience without sound or movement, using only the look in your eyes and the strength of your stance and then blow them away with your demonstration! The week will finale' with a jaw dropping demonstration for the parents.



Traditional Weapons June 21-25

The traditional weapons week will teach the student step by step how to properly use traditional martial arts weapons. The student will have the opportunity to learn the history and theory behind the bow staff, the nunchaku and the sai. Throughout the week each student will learn the basic movements and applications for each weapon and move into practical application with a partner by weeks end. If you are interested in martial arts weaponry this week is a must.

Summer Camp Weeks

Olympic Week July 12-16

Brought Back by popular demand is Olympic week. During this camp students will be divided into countries, walk in the opening ceremonies to the Olympic anthem, learn and play games and sports from Korea and America and stand on the medal stand and receive their countries medal. Students will have the chance to learn and play Korean games such as Yut, SSirum, Korean archery, Chegi, Chiken fighting, jacks as well as American sports and games. Each day will conclude with the countries competing in the various activities. This camp is one not to miss!

Kendo / Gum-do July 19-23

Come and learn the art and history of Japanese and Korean sword. Students will learn respect and etiquette of the sword, practice carrying and how to unsheathe sword. Students will learn basic to intermediate sword techniques using the bamboo sword. By graduation, students will be practicing offense and defense and participating in the sport of Gum-do. Students will be able to take these skills and transfer them to the padded weapons and play points and power. Think of Points & Powers™ as a live video game. Participants engage in a plot and various battles, then gain points as they achieve goals. These points are used to "purchase" special skills and abilities that they can use in the next event. Kids and teenagers say that this is as engaging as any computer game they have ever played. Only this game lets them get physically active and play "live" with their friends. This is the first time this game / camp has ever been offered in Charlotte. Come join us and be one of the first to experience this incredible "live" video game.