

Peaceful Warrior Martial Arts & Healing Center

Summer Camp 2016

Week 1, May 30-June 3

Animal Kingdom

Did you know that martial arts came from watching animals in their natural habitat? Each day, you will explore one of the aspects of the five animals that make up many martial arts systems. Learn to develop the power of the tiger, speed of the leopard, grace of the crane, precision of the snake and wisdom of the dragon.



Field trip (Herpetological Society) - Meet many reptile friends and learn about their habitats on a tour of the sanctuary. This hands-on experience allows you to feed and hold various species.



Week 2, June 6-10

TMNT*

Cowabunga! Mutate into your favorite turtle and study the secret art of the ninja. You will learn how to wield the weapons of Leonardo, Raphael, Donatello and Michelangelo, in addition to many other ninjutsu tactics like stealth, camouflage and sabotage (all in good fun, of course).

Field trip (Peter Piper Pizza) - Become a personal chef and make the turtles' favorite dish. It's pizza time, dude!

*Weapons fee (foam/plastic sai, nunchaku, bo staff, sword): \$50

Week 3, June 20-24

Code of the Warrior*

Okinawan and Japanese cultures are rich with tradition. They gave birth to karate and many other styles. Alongside your martial arts training, you will explore the unique history, language, art, clothing, music and dance of these beautiful cultures. You'll also have an opportunity to learn how to create your own personalized scroll from a professional Japanese calligraphy artist.

Field trip (Fushicho Daiko) - Absorb the history of and learn how to play the Taiko drum, a 2,000-year-old tradition used in battle, ceremonies and festivals.

*Materials fee (scroll from Japan, calligraphy ink): \$15



Week 4, June 27-July 1

Martial Arts Movie Stunts

Lights, Camera, Action! Become a part of movie-making history and go behind-the-scenes to create a film that will captivate audiences. Jumps, rolls, falls, kicks and choreography will be emphasized during this fun and interactive week.

Field trip (Acting Studio) - Learn from a professional actor! You will gain the skills necessary to craft a story board, write and star in your own martial arts film.

Week 5, July 11-15

OLYMPIC GAMES

Train like an Olympian! Karate is being considered for the 2020 Tokyo Olympics. You will learn about and train like an athlete for various sports, including Olympic Karate. Participate in the mini-Olympics at the end of the week complete with opening ceremonies and a showing of flags from different countries that you've created yourself.



Field trip (Phoenix Mercury) - Cheer on your own Phoenix Mercury as they play against the Washington Mystics.



Week 6, July 18-22

Star Wars*

The Jedi Council has called campers from all corners of the galaxy for special training to hone your saber skills and to learn the code which guides all Jedi. You and your fellow padawans will work together to complete challenges to save the Republic. May the force be with you!

Field trip (Challenger Space Center) - Explore a galaxy far, far away

with a simulated mission beyond the stars.

*Weapons fee (saber): \$20

Week 7, July 25-29

Superhero Squad

Campers assemble! Learn techniques and strategies that emulate your favorite superhero. Get super strong with our super work outs, overcome challenges and develop teamwork with enjoyable partner/group drills and games.

Field trip (Parkour) - You will be instructed on the ins and outs of negotiating obstacles by running, jumping, climbing, flipping, tricking and flaring in a specialized parkour arena.



Week 8, Aug 1-5

Mystery Madness

Detectives like Sherlock Holmes and Batman use their martial arts skills and intellect to solve mysteries and catch "bad guys." Engage in a battle of wits and brawn with daily clues, scavenger hunts, riddles and more to prepare your mind for the upcoming school year.

Field trip (Mad Science) - Participate in scientific experiments around aerodynamics, engineering and decoding to sharpen your detective skills.



Daily schedule (field trips on Weds):

8:00-9:30AM, drop-off, intro to camp rules/etiquette, ice breakers

9:30-10:30AM, class (class material based on weekly theme)

10:30-11:30AM, special themed activity

11:30AM-12:15PM, lunch

12:30-1:30PM, class (class material based on weekly theme)

1:30-3:00PM, campers split into groups based on age; 45-minutes themed games, 45-minutes themed art/science project, snack

3:15-4:15PM, class (class material based on weekly theme)

4:15-5:00PM, constructive downtime (board games, chess, art, etc.)

5:00PM, pick-up