

Peaceful Warrior Martial Arts & Healing Center

Summer Camp 2017

Week 1, June 5-9

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 2, June 12-16

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, of these beautiful cultures. You'll also have an opportunity to learn how to create a scroll from a professional Japanese calligraphy artist.

Field trip (Taiko Drumming) - 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



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Week 3, June 19-23

OLYMPIC GAMES

Karate is in the 2020 Tokyo Olympics! You will learn about and train like an athlete for various sports, like 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 (Sporting Event) - Cheer on your team as we watch an action-packed live sporting event!

Week 4, June 26-30

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 (Space Exploration) - Explore a galaxy far, far away with a simulated mission beyond the stars.

*Weapons fee (saber): \$20



Week 5, July 10-14

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 (Animal Sanctuary) - Meet many mammal and reptile friends and learn about the habitats of various species.



Week 6, July 17-21

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 7, July 24-28

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



Daily schedule (field trip days are an exception):

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

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

Please complete a registration form to secure your spot!

Camp is suitable for students ages 5-13