

**FAMILY MARTIAL ARTS CENTER**  
**2017 AUGUST ADVENTURE CAMP!**  
**MONDAY, AUGUST 7, THROUGH FRIDAY, AUGUST 11**  
**10 AM TO 1 PM EACH DAY**  
**BONUS DAY Saturday, August 12!**

We are very excited to announce our **2<sup>nd</sup> Annual August Adventure Camp** at AFMAC! This camp is open to *all* AFMAC students, ages 6 and up\*\*\*, **AND their friends!** We'll work hard, have lots of fun, and learn drills and techniques not normally taught in our program. The curriculum is attached. While our focus will be on martial arts, no martial arts experience is required for you to attend this camp.

**PARENTS ARE WELCOME AND ENCOURAGED, BUT NOT REQUIRED, TO OBSERVE CAMP ACTIVITIES ALL WEEK LONG.**

Unlike the Accelerated Training Camp, this camp does not involve belt techniques or promotions in rank. The goal is to expose the students to advanced training methods and help them improve their strength, stamina, flexibility, endurance, speed, coordination, balance, and mental toughness. We'll add in lots of outdoor training activities and games as well.

Tuition for the August Adventure Camp is just **\$195**. Family discounts are available – additional family members are \$145 each. You report to camp each morning at 10 and camp is over by 1 PM.

**EARLY REGISTRATION SPECIAL DISCOUNT – IF YOU REGISTER AND PAY FOR CAMP BY SATURDAY, MARCH 25, YOU GET A \$25 PER STUDENT DISCOUNT. THIS MAKES TUITION \$170, WITH ADDITIONAL FAMILY MEMBERS JUST \$120 EACH.**

Each student should:

- Wear your AFMAC t-shirt and belt. You may wear shorts, sweat pants, or your white uniform pants.
- Bring socks and sneakers as we will be going outside some of the time.
- Bring drinks and snacks to enjoy during break time.
- Bring your full set of sparring gear, including mouthguard and groin cup.

The registration form is attached. Please submit your completed form, with payment, to Master Jim no later than Monday, March 25. Registrations received after March 25 will be accepted, but the discount will no longer be available. If you have any questions, please contact Master Jim via email at [familymartialarts@comcast.net](mailto:familymartialarts@comcast.net) or via phone at 610-324-0805.

\*\*\* Some students younger than 6 may be mature enough to attend the camp. See Master Jim to discuss your child's ability to attend camp.

# FAMILY MARTIAL ARTS CENTER

## AFMAC AUGUST ADVENTURE CAMP

### Registration Form

(Please use one form for each family member.)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Current Rank: \_\_\_\_\_

Tuition for this camp is **\$195**. Additional family members are \$145 each. **EARLY REGISTRATION DISCOUNT – IF YOU REGISTER AND PAY BY MARCH 25 TUITION IS \$25 LOWER PER PERSON. (\$170 FOR ONE PERSON AND \$120 FOR EACH ADDITIONAL FAMILY MEMBER)**

I, the undersigned parent (guardian) of \_\_\_\_\_ (hereinafter referred to in this agreement as “my child”) hereby give my permission for my child to attend the AFMAC Elite Training Camp. I understand my child is required to behave properly at all times and show utmost respect to instructors and other camp participants. I understand there is *no guarantee* that any specific ability will be attained by my child. I understand parents are allowed to watch at all times but are not allowed to participate in training activities nor to distract or interfere with the class. I agree to hold harmless AFMAC, Inc., its’ instructors, employees, volunteers, and others associated with this camp for any and all damages, injuries, illnesses, accidents, etc. arising from participation in the camp activities. I also give my permission for camp personnel to seek appropriate medical treatment from licensed professionals should my child need medical care in my absence. I have included medical insurance and emergency contact information below. I understand there are no refunds given if a student is expelled from camp for misconduct. I further understand there are no refunds if my child must withdraw before or during camp unless he/she becomes ill or injured. I agree to send all required equipment, uniforms, drinks, snacks, and other items deemed necessary by the Camp Director.

\_\_\_\_\_  
Parent (or Guardian)

\_\_\_\_\_  
Date Signed

#### EMERGENCY CONTACT PERSONS:

Primary \_\_\_\_\_ Cell Phone \_\_\_\_\_

Secondary \_\_\_\_\_ Cell Phone \_\_\_\_\_

MEDICAL INSURANCE COMPANY: \_\_\_\_\_

POLICY NUMBER: \_\_\_\_\_ INS. CO. PHONE: \_\_\_\_\_

Please list any allergies to medicine, food, bee stings, etc.. Also list any mental or physical conditions that may affect your child’s ability to participate in camp activities:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**FAMILY MARTIAL ARTS CENTER  
2017 AUGUST ADVENTURE CAMP  
CURRICULUM AND SCHEDULE**

**MONDAY**

10:00 Warmup and stretching  
10:15 Upper Body Strength  
10:45 Break  
10:55 CardioVascular Conditioning  
11:25 Break  
11:30 Kicking  
12:00 Break  
12:05 Trail Running  
12:35 Break  
12:40 Special Training Drills  
12:55 Games  
1:00 Dismissal

**TUESDAY**

10:00 Warmup and stretching  
10:15 Balance Drills  
10:45 Break  
10:55 Stepping Drills  
11:25 Break  
11:30 Sparring  
12:00 Break  
12:05 Full Body Stretching  
12:35 Break  
12:40 15 Minute Trail Run  
12:55 Games  
1:00 Dismissal

**WEDNESDAY**

10:00 Warmup and stretching  
10:15 Line Drills  
10:45 Break  
10:55 CardioVascular Conditioning  
11:25 Break  
11:30 Grappling skills  
12:00 Break  
12:05 Ki Power Training  
12:35 Break  
12:40 Jumping Kicks  
12:55 Games  
1:00 Dismissal

## **THURSDAY**

10:00 Warmup and stretching  
10:15 Balance Drills  
10:45 Break  
10:55 Balance drills in the Brandywine River (bring water shoes!)  
11:25 Break  
11:30 Kicking  
12:00 Break  
12:05 Trail Running  
12:35 Break  
12:40 Special Training Drills  
12:55 Games  
1:00 Dismissal

## **FRIDAY \*\*\* HIKING THE HORSESHOE TRAIL (Parents are especially encouraged to join us today!)**

10:00 Meet at Warwick County Park\*\*\* – don't be late!  
10:15 Hike the Horseshoe Trail – this is great for leg strength and conditioning – wear high top sneakers or good strong hiking boots.  
12:30 Return to Warwick County Park and eat lunch  
12:45 Free time in the park  
1:00 Dismissal – all students must be picked up promptly at 1 PM.

**\*\*\* - The hike at Warwick County Park may have to be moved to a day earlier in the week based on the weather forecast. We may need to have the hike Wednesday or Thursday instead. Master Jim will make an announcement Tuesday of camp week regarding the schedule for the hike.**

## ***BONUS EVENT SATURDAY, AUGUST 12!***

### **5:00 Picnic at Master Jim's House**

Celebrate a great week with all your friends from camp and their families! Master Jim will provide the barbecue grill, plates, cups, utensils, napkins, etc. You bring your own food and drinks. We'll have a campfire (bring S'mores!), and the kids can play in the stream, on the zip line, on the trampoline, and in the woods. There's also a hot tub for everyone to enjoy. Have lots of fun, and stay as late as you like!