

NORTHERN ARTS/MIKE CARR KARATE SUMMER CAMP CLASSES 2017 336-681-3255

COMPLETE REGISTRATION FORM TO HOLD YOUR SPOT! WWW.MIKECARRKARATE.COM

NOBEL NINJAS CLASS CAMP \$125.00

This camp is a great camp for children with special needs. This camp will cover self-defense, anti-bullying and katas and more while playing games and learning techniques. We want to inspire individuals with physical, developmental or emotional challenges to empower themselves to develop their full potential through Martial Arts. It is a huge confidence builder!

AGES 5 & UP – MONDAYS - 4:00PM – 4:45PM - JUNE 12TH – AUGUST 21ST

BEGINNER/INTERMEDIATE LEVEL - \$125.00/1 DAY WK \$200.00/2 DAY WK

This is a great intro to karate. We will cover self-defense, anti-bullying, and katas. It's a huge confidence builder!

CHOOSE ONE DAY OR TWO! Must be the same student for special 2 day rate.

MONDAY 5:00PM-5:45PM - JUNE 12TH – AUGUST 21ST

TUESDAYS 5:00PM-5:45PM - JUNE 13TH – AUGUST 22ND

RANK: NO BELT/ WHITE BELT/ YELLOW BELT/ ORANGE BELT/ PURPLE BELT

INTERMEDIATE/ADVANCED LEVEL - \$125.00/1 DAY WK \$200.00/2 DAY WK

This class will cover self-defense, bully prevention, board breaking, weapon, and katas.

CHOOSE ONE DAY OR TWO! Must be the same student for special 2 day rate

MONDAY 6:00PM-6:45PM - JUNE 12TH – AUGUST 21ST

TUESDAYS 6:00PM-6:45PM - JUNE 13TH – AUGUST 22ND

RANK: BLUE BELT/ BROWN BELT/ RED BELT/ INTERIM BLACK BELT/ JR & SR BLACK BELT

JUNIOR ASSISTANT CAMP - \$125.00

Become a leader! This camp is for individuals who want to become a junior karate assistant and work their way up to an assistant instructor! This camp will give you an introduction to skills needed to help teach others. Each camper will receive a patch for their skills plus a belt stripe.

MUST CURRENTLY BE ENROLLED IN THE MCK PROGRAM!

TUESDAYS 4:00PM-4:45PM - JUNE 13TH – AUGUST 23RD

RANK REQUIREMENT: RED BELT/ INTERIM BLACK BELT/ JR & SR BLACK BELT

WE HAVE CLASSES FOR ADULTS TOO!

ADULT KENPO BEGINNER/INTERMEDIATE LEVEL - \$125.00

This class will cover self-defense, techniques, and katas while working toward the goal of black belt.

AGES 14 - 80

MONDAY 7:00PM-7:45PM - JUNE 12TH – AUGUST 21ST

MMA FIT CAMP - \$125.00

This camp is for individuals or the whole family! If you want to increase your flexibility, strength and cardio this is the camp for you! This camp will give an introduction to kickboxing, grappling and strength training in a safe and fun environment.

No experience required! MMA is a belted system! **THIS CAMP FILLS QUICKLY!**

AGES 10 – 80 TUESDAYS - 7:00PM – 8:00PM – JUNE 13TH – AUGUST 22ND