



When: Sign up for 1 day - a few days - or a whole week:

Time: 9:00a.m - 1:00p.m. **Who**: Children aged 4 - 13

Minimum: 6 people per day

ACTIVITIES:

- *Kicking techniques, block techniques, forms
- *Nun-chucks
- * Requirements
- * Sparring (Orange tape earned)
- * Games
- * Board Breaking
- *Watch movie
- *Students should bring their own brown bag lunch

Cost: \$49.00 per day or \$200 for the whole week