



**Summer Camp 2015
New themes, more fun and
Pizza Fridays are back!**

**No prior training
required!**

The USA Kung Fu Studio Kung Fu & Academic Summer Camp is a series of goal-oriented courses offering students a range of activities to keep their minds and bodies fit. Campers will have the opportunity to improve their academic skills, gain Kung fu skills and have fun! This is the most fun and effective way to keep your child's brain and body stimulated during the summer when schools are out; best of all, you don't have to send them away!

(Camps are for kids ages 5 to 12)



RELEASE FORM

Student Name: _____
 Grade Completed: _____ Age: _____
 Parent Name: _____
 Tel #: _____
 Email: _____

Session(s)

- 6/15-6/19 Gymnastics for Martial Arts
- 6/22-6/26 Fundamentals of Nunchaku
- 7/13-7/17 Master your Kick!
- 7/20-7/24 Gymnastics for Martial Arts
- 7/27-7/31 Fundamentals Kickboxing
- 8/10-8/14 Fundamentals of Kickboxing
- 8/17-8/21 Fundamentals of Nunchaku
- 8/24-8/28 Master your Kick!

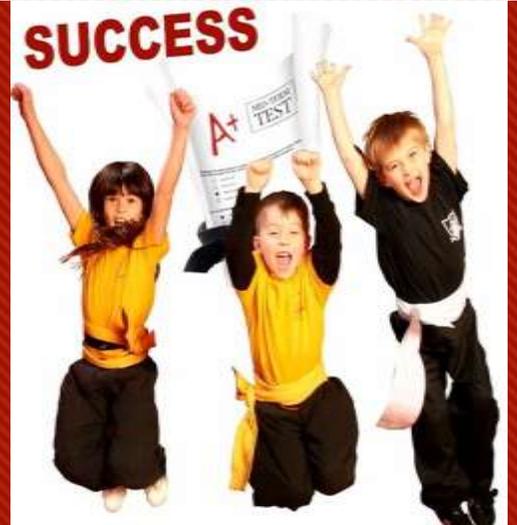
Before and After Care

- Available M-F (8:15-9 AM) and (3-5:30 PM) for \$50/week.(no discounts)

I, the undersigned do hereby release USA Kung Fu Studio, Inc. and any other persons associated with the Kung Fu Summer Camp in any capacity from any liability arising out of injuries or accidents etc. that may occur to my son or daughter as a result of my attendance and/or participation at these events. Additionally, I am fully aware of my child's personal medical condition and hereby certify that he/she is mentally and physically fit to participate in the Kung Fu Summer Camp. I also understand and agree that USA Kung Fu Studio has the right to dismiss any student from Camp due to inappropriate behavior, which they may deem to be unsafe both to the student, other Kung Fu campers and USAKFS staff. **I also understand that all monies paid to USAKFS are NON-Refundable under any circumstances including camp dismissal.**

 (Signature of Parent or Legal Guardian)

Date: _____



**USA Kung fu Summer
Camp 2015!**

1828 Park Street, Alameda, CA

www.usakungfustudio.com

**For more information, contact:
Helene Onaga 510-846-3908
helene.onaga@gmail.com**

Camp Fees:

\$300/week.

Members receive 5% discount, 2nd child receives 5% discount

Multi-camp discount! 2 camps = 5%, 3+ camps +15% and 6+ camp = 25%.

(Maximum discount per student is 25%)

Extended care is \$50 per week (no discount)

What we do:

Camp Fees Due: \$100 deposit is due at time of registration, per camp, to hold your spot. Full payment of fees due 30 days prior to the first day of each camp. Deposit is non-refundable.

Academics: Minimum 5 hours per week academic practice. Keep math, reading, writing skills sharp throughout the summer!

Activities: Games, art and outdoor play. NO ELECTRONICS!

Things To Remember: Campers should bring comfortable clothing, a lunch (we provide lunch on Fridays), snacks, and a water bottle. The doors will open at 8:45am. Please do not drop off your children prior to this time. Campers need to be picked up no later than 3:15pm. Parents will be charged a child-sitting fee of \$10 per child for every 5 minutes past the stated time.



**Space is very limited
18 students per session!**

New Camp! Master your Kung fu Kick!

This camp will focus on perfecting your martial arts kick and learning new kick combinations. Strengthen and lengthen your kicks!.. Students will work on flexibility and choreograph their own kick combination - the most creative kick combo will win a prize!

Gymnastics and Conditioning for Martial Arts

This session will focus on helping students develop their skills for Kip ups, cartwheels and aerial stunts. It is recommended that students be 7 years and above as they will be required to work on conditioning exercises independently while Sifu is working with individual students. Students of other martial arts program are welcome to participate, but will need to be evaluated prior to camp.

Fundamentals of Nunchaku

Nunchaku, also known as chain sticks, is a short-range weapon that consists of two sticks connected at their ends with chain or rope. It was made famous by Bruce Lee in his movies. Aside from being easy to carry, it is a very versatile weapon, which can be used to defend against most any weapon. Students will keep their "sticks" when the camp is concluded.

Fundamentals of Kick Boxing

San Shou, or "free hand", is the close-quarters hand-to-hand system of combat developed by the Chinese Government and used by the Chinese Military. Commonly known as Chinese kickboxing, San Shou is the main component to our sparring program. Aside from the physical training, students will be presented with real-life scenarios to which they will be expected to respond in a non-violent manner. **Students will have the opportunity to spar in our full -size boxing ring!**

All Kung fu Camp Themes:

Each session provides different camp themes. Our classes will help your child achieve his or her best. Emphasis is on motor skills, self-esteem, self-control and self-defense using non-violent conflict resolutions. Core and cardio workouts are part of all camps. *No prior training required.**