

SUMMER PROGRAMS

Price

<input type="checkbox"/> Intro To Martial Arts	\$250.00
<input type="checkbox"/> Xtreme Martial Arts June	\$150.00
<input type="checkbox"/> Weapons/ Weapons Design	\$175.00
<input type="checkbox"/> Exploring Jiu-Jitsu	\$150.00
<input type="checkbox"/> UMA Future Instructors	\$125.00
<input type="checkbox"/> Little Ninjas	\$125.00
<input type="checkbox"/> SuperKids Preschool	\$150.00
<input type="checkbox"/> Enrichment Forms/ Competition	\$125.00

**New - Design A Weapon At
Weapon Design Camp! ******

\$10 Discount Per Camp If
Doing Multiple Camps Or If
Multiple Family Members

Subtotal:	_____
Discount:	_____
Total:	_____

Student Name _____

Parent Signature _____

Ultimate Martial Arts
Woodbury 651-998-0960
2110 Eagle Creek Lane #550
Woodbury, MN 55129
Stillwater
5980 Neal Ave North
Oak Park Heights, MN 55082



**All Campers Will Receive A Special UMA
Summer Camp T-Shirt**

**Daily Snack and Drink Will Be Provided
To Campers**

DAVE CAMARILLO  **JIU JITSU SYSTEMS**



**SUMMER CAMPS
2012**



**Thousands Of Children Have The Potential
to Succeed in
School and in Life, But Some Never Discover It....
Don't let Your Child Be One of Them.**

www.UMAmn.com

All 4 Day Camps are 2 1/2 hours in length from 12:30pm-3:00pm Mondays Thru Thursdays with a 30 Minute Snack Break

Intro To Martial Arts UMA Karate

Summer Program: This 12 week summer program will introduce new students to the thrill of Martial Arts. This class will emphasize the basic development of the child's physical, emotional and mental well-being through the integration of physical education, self-defense and general martial arts concepts. Students will receive a new Martial Arts uniform and can attend any of our beginner classes up to 3 times per week.

Dates

**June 4th
Thru
Sept 1st**

See School
Schedule For
Class Times

Xtreme Martial Arts:

Learn about the most popular aspects of Martial Arts today in this Xtreme Martial Arts camp. This camp will be split into 2 parts each day. The students will spend time with gymnastics coaches each day learning beginning and advanced gymnastics skills. Next students will work with instructors to integrate the gymnastics techniques into their Martial Arts skills and forms. Students will also learn a new competitive Xtreme Martial Arts Form taught only to the Xtreme campers.

Dates

**June
18th-21st
Woodbury
12:30-3:00**

Exploring Jiu-Jitsu:

The purpose of this camp is to give students a general understanding of Jiu-Jitsu / ground self defense principles. Students will be exposed to the foundation of jiu-jitsu and the key fundamentals needed to defend themselves in a variety of situations (bully, peer confrontation, abduction, etc). Non-violent resolution is encouraged. Students will learn basic jiu-jitsu movements along with overall body awareness. This course is taught by Brazilian Jiu-Jitsu Instructor Jon Ranch and Jiu-Jitsu Black Belt Klint Klaas. Brazilian Jiu-Jitsu is an excellent way to complement the standing martial arts that are taught in Karate.

Dates

**July
23rd-26th
Stillwater
12:30-3:00**

UMA Future Instructors: (AGES 10-16 yrs)

Do you think your child would be a good Martial Arts Instructor? This camp is a great way for teens to learn more about how to become a successful Martial Arts instructor and teach a great Martial Arts class. Teens will learn more about developing a class curriculum, overseeing a classroom, adapting to student's needs, correcting students in a positive manner and testing students for their requirement stripes. Ultimate Martial Arts develops all of its instructors and original curriculum through our program and staff; maybe your child could be the next great Martial Arts instructor!

Dates

**August
6th-9th
Stillwater
12:30-3:00**

Little Ninjas:

This camp for current martial arts students focuses on developing more advanced Martial Arts techniques. Students will spend time learning basic tumbling skills, basic weapons skills and advanced Martial Arts skills. Each day campers will first create an obstacle course, or self defense and then test their agility as they brave and attempt to master the Xtreme Ninja obstacle course!

Dates

**July
9th-12th
Woodbury
12:30-3:00**

Enrichment Forms/ Competition:

This is a great camp for any Martial Artist that is interested in learning forms or competing in tournaments. Whether new to competition or an experienced competitor this camp will help students gain a competitive edge. Enrichment forms are an excellent way to expand your martial arts knowledge and honor the origins of traditional martial arts. Learn all 4 and earn your achievement stars! These are great forms to use in competition as well!

Dates

**July 30th-
Aug 2nd
Woodbury
12:30-3:00**

Weapons/ Weapons Design:

This camp will allow students at beginning and advanced weapons levels to learn more about a variety of Martial Arts weapons. Students will have the opportunity to work with Sword, Kamas, Bo staff & Chux in camp. Students not only learn more about how to properly use each weapon, but they will also learn about the origin and history of each weapon. **Includes Sword and wood Bo for students to decorate and design. Paint, Grip Tape and Flashy Tape provided to campers!**

Dates

**June
25th-28th
Woodbury
12:30-3:00**

SuperKids Preschool:

This camp is for current or new martial arts preschoolers focusing on developing social skills, listening skills, balance, coordination and learning an appreciation for the Martial Arts. Campers will spend time learning basic tumbling skills, play preschool games and activities, brave the obstacle course and make fun crafts! Campers will get to finish the day with a fun Arts and Craft activity! **Limited space available.**

Dates

**July
16th-19th
Woodbury
12:30-3:00**

Attend Future Instructor and 1 other camp to earn Future Instructor Patch Earn Enrichment Forms star after Forms and Comp Camp Earn Xtreme Star after Xtreme Camp

General Student Information:

Student Name: _____

Date of Birth: _____ Age: _____

Street Address: _____

City, State, Zip: _____

Telephone #: _____

E-mail: _____

Parents' Full Names: _____

Mom's Cell Phone #: _____

Dad's Cell Phone #: _____

Emergency Contact Phone #: _____

Medical Conditions or Allergies: _____
