

**General Student Information:**

Student Last Name: \_\_\_\_\_

First 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 (not a parent): \_\_\_\_\_

Emergency Contact Phone #: \_\_\_\_\_

Medical Conditions or Allergies: \_\_\_\_\_

**All Campers Will Receive A UMA Water  
Bottle And An Official UMA Summer  
Camp Patch For Their Uniform**

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



Ultimate Martial Arts  
USA Karate Woodbury  
2110 Eagle Creek Lane #550  
Woodbury, MN 55129

651-998-0960  
ultimatema@yahoo.com

**Intro To Martial Arts Summer Programs  
Are Available At All  
Ultimate Martial Arts/ USA Karate Schools**

**All Other Summer Specialty Camps Will Be  
Held At The Woodbury Facility And Are  
Available to All Students.**

*Unmatched Experience,  
Knowledge and Achievement*

米国空手  
**USA KARATE**  
**MARTIAL ARTS ACADEMY**

**USA KARATE  
SUMMER CAMPS  
2010**



**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**

**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 12th  
Thru  
Sept 3rd

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. **Come to one or both camp dates!**

**Dates**

July  
12th-15th  
or  
August  
9th-12th  
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 Black Belt Klint Klaas. Brazilian Jiu-Jitsu is an excellent way to compliment the standing martial arts that are taught in Karate.

**Dates**

June  
21st-24th  
12:30-3:00

**UMA Future Instructors: (AGES 10-15 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. USA Karate 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**

July  
19th-22nd  
12:30-3:00

**Little Ninjas 1 or 2:**

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 test their agility as they brave and attempt to master the Xtreme Ninja obstacle course! **Come to one or both camp dates!**

**Dates**

June  
14th-17th  
or  
July  
26th-29th  
12:30-3:00

**Competition:**

This is a great camp for any Martial Artist that is interested in competing in tournaments. Whether new to competition or an experienced competitor this camp will help students gain a competitive edge. Fitness for competition, proper ring entrance, judges scoring, and intensity are all important parts of competition that will be covered in this camp. Students will also learn an original competition form created by Master Pruden and Mr. McCoy.

**Dates**

August  
16th-19th  
12:30-3:00

**Weapons 1 or 2:**

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 in camp 1 or Bo staff & Chux in camp 2. 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. It is preferred that students have their own weapons. At each camp students will learn a new weapon form exclusive to the weapons campers!

**Dates**

Sword/Kama

July  
5th-8th  
Bo/Chux  
August  
2nd-5th  
12:30-3:00

**Sparring:**

This camp will not only give students more time to practice their sparring skills, but also more time to work on advanced sparring techniques. Students will learn more about body movement, combinations, opponent anticipation, free sparring, and point sparring. Students will spend time with a variety of opponents practicing both Self Defense sparring and competition point sparring. Students must have a complete set of sparring equipment to attend this camp.

**Dates**

June 28th  
Thru  
July 1st  
12:30-3:00

**SUMMER PROGRAMS**

**Price**

- Intro To Martial Arts** \$250.00
- Xtreme Martial Arts July** \$120.00
- Xtreme Martial Arts August** \$120.00
- Exploring Jiu-Jitsu** \$120.00
- UMA Future Instructors** \$100.00
- Little Ninjas June** \$100.00
- Little Ninjas July** \$100.00
- Competition** \$100.00
- Weapons Sword/Kama** \$100.00
- Weapons Bo/Chux** \$100.00
- Sparring** \$100.00

10% Discount If Doing  
Multiple Camps Or  
Multiple Family Members

**Subtotal:** \_\_\_\_\_

**Discount:** \_\_\_\_\_

**Total:** \_\_\_\_\_

Student  
Name

Parent  
Signature