



UMA Stillwater Summer Camps 2024

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 for ages 6+ and 2 times a week for ages 4-5.

June 1st thru August 31st See School Schedule for Class Times **\$450**

SuperHero Training: Campers can dress daily as their favorite Superhero or create a New Superhero from our costume supplies! Students will spend time learning basic tumbling skills, basic weapons skills and advanced Martial Arts Superhero skills. Camp will have Superhero themed games, crafts, snacks and activities each day. Each day campers will create an obstacle course, learn to fly and then test their agility as they brave and attempt to master the Xtreme Superhero obstacle course! Campers will be able to create their own superhero comic book with pictures and story to keep! 4-6 years old.

June 10th-June 13th @ 12:30-3:00 \$175

Weapons/ Weapons Design: (Pick Two: Bo Staff, Nunchux, Sword, Kama): 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 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 two of the following- Graphite Bo, Chux, Sword or Kamas for students to decorate and design. Paint, Grip Tape and Flashy Tape provided to campers!**

June 17th-June 20th 12:30-3:00 \$200

Sparring Camp: Ultimately martial arts is that, a martial art. A way of fighting. In this camp we will practice self-defense by learning to fight. From boxing, to kick boxing, and even all the way around to karate point sparring. Everyday campers will learn new ways to approach a fight, new challenges, new rules, and practice applying their knowledge under pressure. The ultimate culmination of your training is sparring, learn how, now.

July 15th-July 18th @ 12:30-3:00 \$175

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July 22nd-July 24th @ 12:30-3:00 \$175

Karate Camp: - - Campers will dive into a more detailed look at their moves and curriculum. Practice hitting and holding pads, attacking and defending for their self-defenses, and understand their traditional moves. We will even put fun twists and games to build fundamentals. Creating new challenges in a fun and engaging way. Enrichment Forms and the Gauntlet!

August 12th-August 15th @ 12:30-3:00 \$175

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!

June 1st - August 31st Total of 10hrs to be split up during regular class time of your choice \$175

All camps include daily snacks.

Call or stop in office for details and sign-up forms.

Limited space available so sign up today!