



Intro To Martial Arts UMA Karate Summer Program

June 8 - September 7 \$250

This 12 week summer program will introduce new students to the thrill of Martial Arts. The class will emphasize the basic development of the student'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 UMA uniform and may attend any of our beginner classes up to three times per week.

See UMA schedule of
class times at:
www.umaMN.com.



Weapons/Weapons Design

July 20 - July 23, 2015 \$200
11:30 am - 2 pm (Includes daily snack)

This camp is for all students, whether beginner or advanced in Martial Arts weapon skills. Students will have hands-on experience during this interactive camp as they learn more about a variety of weapons including the origin and history, as well as weapon safety and proper use and handling of each weapon.

Campers will also enjoy the opportunity to design, decorate and personalize *two* weapons of choice (Bo Staff, Sword, Kamas, Nunchux) which are theirs to keep.



Exploring Jiu-Jitsu

August 3 - August 6, 2015 \$150-\$175
(\$150 for current students
\$175 for new students/uniforms)
11:30 am - 2 pm (Includes daily snack)

Campers will learn techniques to become **bully-proof!** Participants will be introduced to Brazilian Jiu-Jitsu and gain a general understanding of ground self-defense principles. Since the majority of altercations end up on the ground, techniques will be taught on how to defend and get up from the ground.

UMA WAIVER OF LIABILITY

In consideration of participation in any activity, event or class at any UMA Karate (aka UMA Karate) location, the undersigned, on his or her behalf and on the behalf of the participant(s) identified herein, acknowledges, appreciates and agrees to the following conditions:

As an attendee of an event, activity or party and UMA Karate, I acknowledge that there are dangers and risks associated with the activities and agree to assume all risk of personal injury, including the potential of paralysis and death. In the case of injury, death, disability or loss/damage of personal property, UMA Karate, its owners, members, officers or employees will not be held responsible.

I, for myself, and the participants named herein, agree to follow the safety instructions, both verbal and posted, provided and acknowledge that failure to do so may result in removal from UMA Karate. If I am aware of any hazards, whether by other members or equipment at the facility, I will immediately alert an employee of UMA Karate.

I, for myself and the participants named herein, and our respective heirs, assigns, personal representatives and next of kin, hereby hold harmless UMA Karate, its owners, members, officers, employees and sponsoring agencies from all liability for any such personal injury, disability, death or loss or damage to person or property to the fullest extent of the law.

Parent/Guardian Signature

Date

☐ I DO NOT grant permission for Ultimate Martial Arts to use photos taken of myself, parties mentioned or not mentioned, in marketing-related media.

FOR OFFICE USE

Registration and Payment Received

Date _____ CC _____

Check _____

Cash _____