

Manna's Martial Arts MARTIAL ARTS CAMP

In cooperation with The Educational Martial Arts System



**The Educational Martial Arts System and Manna's Martial Arts
Team up to bring you the 30th Anniversary Camp this Sept. 9, 10 & 11, 2016**



Chris Brandt
Senior Master
Nunchaku



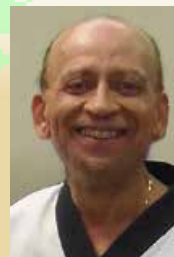
Bill Wallace
Grandmaster
'Superfoot'
Kick/Stretch



Dr. Ric Black
Grandmaster
Soke-3rd Generation
Sword/Tactics



Brian Manna
Grandmaster
Songin
Team Building



Darryl Khalid
Grandmaster
Chi Gong



Janet Manna
Senior Master
Staff/Forms

Grandmaster and Sr. Master Attending Instructors

Be a part of this historic camp by
registering at: www.manna.us/3daycamp



If you are interested in being a sponsor of this 30th Year Camp go to: www.temas.org/sponsor/3daycamp

Clinics, Training and Seminars

Manna's Martial Arts in cooperation with TEMAS are honored to bring this amazing camp to you and your family. Camp participants will enjoy our clinics, trainings and seminars.

Be a part of this historic 30th Anniversary Karate Camp.



Morning Chi Gong Workouts

Get your day going and energy flowing with Grandmaster Khalid. Join in for the Chi Gong morning workouts Saturday and Sunday morning. This is a great way to energize the body and mind with these ancient exercises.



Nunchaku & Staff Weapons Training

Learn Nunchaku from basic movements to advanced forms with Master Brandt. All levels of nunchaku will be covered during this time.

Master Janet Manna will teach a variety of Staff techniques and forms at this camp. Whether it is advanced Black Belt staff forms or basic movements all ranks and ages will gain from this portion of the camp.



Rapid Response Tactical Training

Learn about this no nonsense martial arts application. This will teach how to quickly evaluate and end a physical conflict. Practice these techniques and concepts to gain confidence in dealing with an escalating situation, specializing in weapon disarm.



Tang Soo Do Forms

Grandmaster Khalid and Master Janet Manna will be teaching Traditional Tang Soo Do Forms. Whether you are looking to improve your existing forms or learn your most advanced forms be sure to be there for this portion of Martial Arts Camp.



Friday & Saturday Evening Workouts



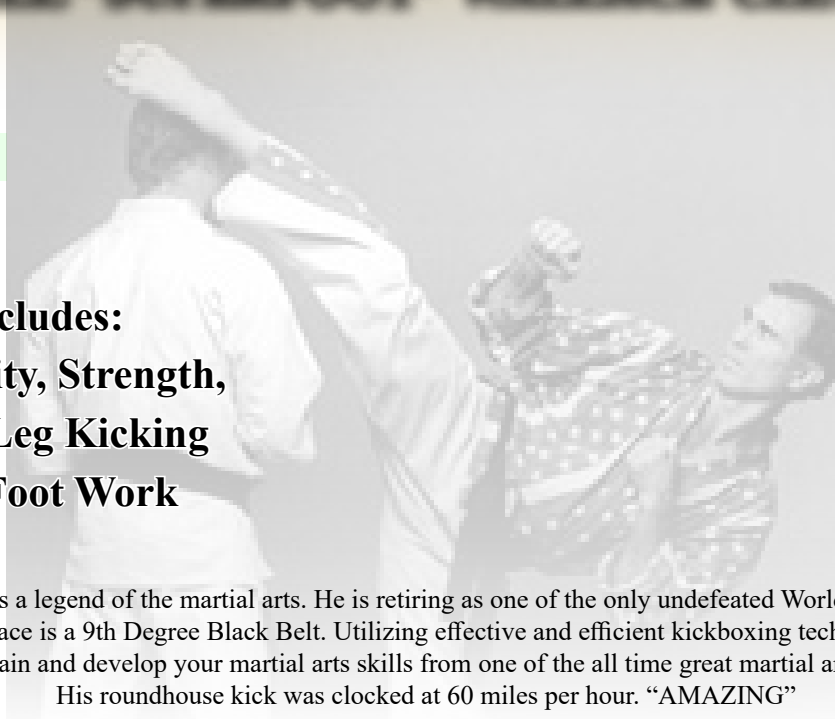
Let your senses come alive and experience night training in the outdoors with Grandmaster Manna. The evening workouts are always a highlight of camp and are always talked about for years to come.



Saturday Includes: Bill Wallace, Dr. Black and Lunch

BILL "SUPERFOOT" WALLACE CLINIC

**SEPT 10
SATURDAY
9am-Noon**



**Includes:
Flexibility, Strength,
Front Leg Kicking
and Foot Work**

Bill "Superfoot" Wallace is a legend of the martial arts. He is retiring as one of the only undefeated World Kickboxing Champions in history. Grandmaster Wallace is a 9th Degree Black Belt. Utilizing effective and efficient kickboxing techniques, you have the unique opportunity to train and develop your martial arts skills from one of the all time great martial artists in this arena.

His roundhouse kick was clocked at 60 miles per hour. "AMAZING"

**SATURDAY
Noon-1pm**

Lunch at Camp supplied by Camp Marston

Bunbu Ichi Zendo Ryu Sword Seminar with Dr. Ric Black - Judan



**SEPT 10
SATURDAY
1pm-4:30**

A Traditional Sword Seminar

All martial arts participants, even without experience in handling the sword, can participate. Practitioners of any martial discipline, regardless of martial art style and organization, may attend.

- Traditional martial arts uniform must be worn
- No live steel blades will be permitted - Bokken only (Included)
- Bokken (wooden sword) included in clinic fee, supplied at camp if needed
- Once started no one will be admitted to join this special workshop
- Filming and photography is welcome

Dr. Ric Black - 10th Degree Black Belt - teaches traditional Japanese sword arts within his family martial arts system dating from 1918. Dr. Black has been a martial arts practitioner for over 60-years and is the current Chancellor of The International Defense Tactics College, Director General of The United States Police Defensive Tactics Association, and World Defense Tactics Association.

If you are interested in being a sponsor of this 30th Year Camp go to: www.temas.org/sponsor/3daycamp



Manna's Martial Arts

MARTIAL ARTS CAMP

In cooperation with The Educational Martial Arts System

2016
SEPTEMBER
9, 10 & 11

Learn from the best in a weekend of fun and focus. Grandmaster clinics and seminars will include:

- Stretching and Kicking from Martial Arts Legend "Superfoot" Bill Wallace
- Sword Clinic and Rapid Response Tactics with Dr. Ric Black
- Morning Chi Gong and Advanced Forms with Darryl Khalid
- Songin Do, Team Building and Empowerment with Brian Manna



Come join us at the 30th Annual Martial Arts Camp in the beautiful mountains of Julian. Camp is open to all from the age of 9 and up, age 8 with approval. Be at camp from Friday 5PM through Sunday 4PM, or attend Saturday 9PM to 4:30PM only. Space is Limited! You will receive additional information about what you should pack as the departure date draws closer.

Our martial arts student attends class 3 days per week. By traveling with the students, eating, speaking, sharing free time, clinics, training, and specialized workshops over the weekend the student spends 47 hours at Martial Arts Camp. By removing the other outside forces that pull today's kids away, in a three-day camp we can offer the student multiple months of training in just one weekend. Imagine having months of training invested in just one weekend? Attendance at martial arts camp has proven to grow and develop the students at a superior rate than in studio classes can alone.

EARLY REGISTER SPECIAL

RESERVE YOUR SPOT

LIMITED TRANSPORTATION AND SPACE AVAILABLE

(You may elect to drive, drop off and pickup)

\$270 INCLUDES (Reg \$330) 3 DAYS/2 NIGHTS

\$160 FOR SATURDAY ONLY

CLINICS, LODGING AND MEALS

(Additional family members Save)

Camp Location: YMCA CAMP MARSTON 4761 Pine Hills Road Julian, CA 92036

**SEP.
9-10-11**

30th YEAR CAMP EARLY REGISTRATION

Student's Name: _____

Friday, Sept. 9th to Sunday, Sept. 11th

Studio: _____ Member's Phone: _____

IN JULIAN, CA

Parent's Name (if student under 18): _____

Shirt size by availability: Child (S) (M) (L) Adult (S) (M) (L) (XL) (2X)

I am interested in transportation to and from camp (a limited service)

CAMP PARTICIPATION FEE

NOW

Additional Family Members

3 Day Camp Participation

\$280

\$260

3 Day - 2 Nights, meals, included

(Reg. \$330)

(Reg. \$300)

3 Day Camp - Manna's Life Time Training Members \$150 each Participant

Saturday ONLY September 10th

\$160

\$150

Learn with the Grandmasters 9AM - 4:30PM (Reg. \$180)

(Reg. \$170)

Saturday includes: Bill Wallace seminar, Dr. Ric Black Seminar and lunch.

I am interested in sponsorship information in regards to this event or www.temas.org/sponsor/3daycamp.

Bokken (wood sword) Included if needed. If you own a staff, nunchaku, wood dagger or bokken please bring them to camp.



Register online at www.manna.us/3daycamp

MANNA'S - 12285B World Trade Drive San Diego, CA 92128 - (858) 487-6470 www.manna.us