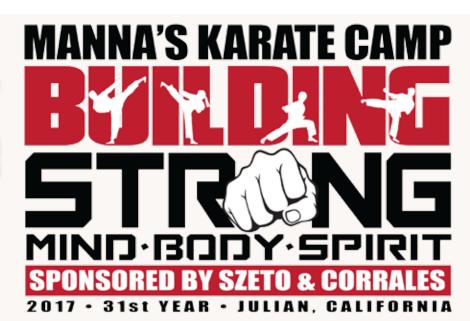
2017 SEPTEMBER 8, 9 & 10





SELECT YOUR OWN WORKSHOPS

THIS CAMP WE ARE OFFERING 18 WORKSHOPS SELECT THE 6 WORKSHOPS YOU PARTICIPATE IN FROM THE AVAILABLE TIMES

Come join us at the 31st 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 5 PM through Sunday 4 PM, or attend Saturday 9 PM to 4:30 PM 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 2 or 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 the adults and today's kids away, in a three-day camp we can offer the participant 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 best students at a superior rate by adding it to studio classes training.

SEE REVERSE SIDE FOR MORE DETAILS

Register online at www.manna.us/3daycamp

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

Manna's Martial Arts MARTIAL ARTS CAMP

2017 SEPTEMBER 8, 9 & 10

In cooperation with The Educational Martial Arts System (TEMAS)

The Szeto & Corrales Families / Proud TEMAS Gala Sponsors of this 31st Anniversary Camp

SELECT YOUR OWN WORKSHOPS

Self Defense:

Cane Techniques
Gun Techniques
Belt Techniques
Dagger Techniques
Bong Soo Sik #11 to #15
Bong Soo Sik #16 to #20
Il Soo Sik Dae Ryun
Continuations

Empty Hand Form:

Hung No Part 1 of 4 Hung No Part 2 of 4 Form: Chin Do Ro Hai Techniques

Weapons:

Dan Bong Part 1
Dan Bong Part 2
Boken Striking Exercises
3 Sectional Staff

Other

Dynamic Kicking Development

Speed Breaking Techniques

Power Breaking Techniques

RESERVE YOUR SPOT LIMITED TRANSPORTATION AND SPACE AVAILABLE DEPARTING MANNA'S MARTIAL ARTS AT 4 PM

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

\$280 INCLUDES 3 DAYS/2 NIGHTS
\$150 FOR SATURDAY ONLY
CLINICS, LODGING AND MEALS
(Additional family members Save)

Camp Location: YMCA CAMP MARSTON

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

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31st YEAR CAMP REGISTRATION

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Student's Name:		Friday, Sept. 8th to Sunday, Sept. 10th
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 3 Day - 2 Nights, meals, included	\$280 \$250	
3 Day Camp - Manna's Life Time Trai	ning Members \$200 each Participant	MART.
Saturday ONLY September 10 Learn with the Grandmaster and Senior Saturday includes: Seminars and lunch.		
I am interested in sponsorship info	ormation in regards to this event or www.temas.or	g/sponsor/3daycamp.

Register online at www.manna.us/3daycamp

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