

**2017**  
**SEPTEMBER**  
**8, 9 & 10**

**MANNA'S KARATE CAMP**  
**BUILDING**  
**STRONG**  
**MIND·BODY·SPIRIT**  
**SPONSORED BY SZETO & CORRALES**  
**2017 • 31st YEAR • JULIAN, CALIFORNIA**



## **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](http://www.manna.us/3daycamp)**

**MANNA'S - 12285B World Trade Drive San Diego, CA 92128 - (858) 487-6470 [www.manna.us](http://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 4761 Pine Hills Road Julian, CA 92036

SEP.  
8-9-10

## 31st YEAR CAMP REGISTRATION

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**

**\$280**

**\$250**

3 Day - 2 Nights, meals, included

3 Day Camp - Manna's Life Time Training Members \$200 each Participant

**Saturday ONLY September 10th**

**\$150**

**\$130**

Learn with the Grandmaster and Senior Masters 9 AM - 4:30 PM

Saturday includes: Seminars and lunch.

I am interested in sponsorship information in regards to this event or [www.temas.org/sponsor/3daycamp](http://www.temas.org/sponsor/3daycamp).



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