

KARATE CAMP 2023

Our 37th YEAR - SEPT. 29, 30 & Oct. 1



MANNA'S KARATE CAMP BUILDING STRONG MIND · BODY · SPIRIT

(2023 shirt design)

3 DAYS & 2 NIGHTS or 1 DAY

Depart Manna's at 4PM or

Arrive at camp Friday by 5:15 PM for Dinner

Cabin Lodging - All Meals Included

Workouts include: Weapons, Breaking, Forms, and

Sparring Clinics For All

Rock Climbing Wall - Archery - Marksmanship

Plus many more specially planned activities

Elite Warrior Scout optional

Depart Camp Sunday at 3 PM

A month of training, clinics, and workshops in one weekend of martial arts for all ranks.

This is the perfect opportunity for you to learn in a weekend of fun and focus. Come join us at the 37th Annual Martial Arts Camp in the beautiful mountains of Julian. Camp is open to all from the age of 10 and up, (age 9 with approval). Saturday/One Day ages 7 and up. Items to bring list available online and at the front desk.

37th CAMP - REGISTER NOW TO RESERVE YOUR SPOT

LIMITED TRANSPORTATION SPACE AVAILABLE

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

3 days/2 nights include: All workouts, lodging and meals. **\$270**

(Additional family members Save \$20 each)

1 days includes: All workouts and lunch. **\$120**



Uniform Patch

ELITE WARRIOR
WORKOUT
WITH APPROVAL

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



2023 37th CAMP REGISTRATION

Student's Name: _____

Studio: _____ Member's Phone: _____

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 participating in the **ELITE WARRIOR 'SCOUT'** workout

CAMP PARTICIPATION FEE

Each Additional
Family Members
\$250

TEMAS Member (TEMAS) \$270

3 Day - 2 Nights, min. age 10 (9 with approval) lodging and meals included

I would like Manna's transportation from and back to Manna's

Saturday ONLY September 30th \$120

Minimum age 7. Start 9 AM - completion 4 PM

Saturday Lunch Included! Transportation not included.

Friday, Sep. 29th to Sunday, Oct 1st
or Saturday Sept. 30 only

IN JULIAN, CA

Register online at:
www.manna.us/3daycamp/

or at:

Manna's Martial Arts
12285B World Trade Drive
San Diego, CA 92128
(858) 487-6470
office@manna.us