



VACATION SEMINAR

MARTIAL ARTS ACTIVITIES

Including Sparring, Poomse Competition Practice, Pre Grade Stripes, Board Breaking, Demo Kicking, Weapons, Self Defence

WHEN: *Monday 12th April 2010 (Student Free Day)*

TIME: *9.00am – 3.00pm*

COST: *\$40 per day / \$70 two children*

WHAT TO WEAR: *Uniform pants with club Polo or full uniform*

LIMITED TO 25 STUDENTS ONLY – FIRST IN BASIS

PROGRAM:

- Work on syllabus to get stripes for gradings
- Learn new work, consolidate current work, prepare for black belt gradings
- Sparring drills and game play
- Poomse drills and competition
- Breaking and Demo kicking
- Fun games and make new friends

****BYO Morning Tea and Lunch

Name: _____ would like to attend the Vacation Program.

Cost is \$40 per day / 2 or more in family \$35 day

Parent/Guardian signature _____ Date: _____

Paid \$ _____

Office Use:	
Method of Payment _____	Amount: _____
Signature: _____	Date: _____