

KARATE Camp 2020

July 13 - 17 August 3-7

Grand Master Mr. Mike McNamara and Master Instructor Kwan Jang Nim Ms. Camille of ASE's *Milton Ja Shin Do* Karate program offer two week-long camps this summer. Open to MPS students. No registration to Camp Cunningham '20 is required to attend Karate Camp.

WHO: Students entering grades 1 – 8 in Fall 2020. All levels of experience, as well as students without karate experience, are welcome. *Space is limited, so register early.*

WHAT: Ja Shin Do/ Tae Kwon Do Martial Arts. Students will engage in stretching, conditioning and defensive tactics as well as learn and practice the martial art of Ja Shin Do. The course develops the Five Ss of Ja Shin Do:
Self Discipline, Self Respect, Self Esteem, Self Control, Self Confidence.

WHERE: Cunningham School gym and surrounding spaces

WHEN: Wk 1 Monday-Fridays, July 13-17 10:00 am – 2:00 pm
Wk 2 Monday-Fridays, August 3-7 10:00am – 2:00 pm

COST: \$185.00 \$160.00 for students gr 1-6 also attending Camp Cunningham that week
(escort between programs is provided)

Please pack a lunch; refrigeration can be provided

Complete form below, attach payment and mail or drop off:

**Attn; Jackie Marr –Community Schools
Cunningham School
44 Edge Hill Rd.**

2020 Karate Camp Registration

Student Full Name _____ Grade Fall 2020 _____ Camp CU Session(s) _____
Address _____ Home Phone _____
Parent #1 Name _____ Cell Phone _____
Parent #2 Name _____ Cell Phone _____
Email #1 _____ Email #2 _____
Emergency Contact (if parent is unreachable) _____
Relationship to student _____ Phone _____

_____ \$185.00 enclosed, payable to MCS

_____ \$160.00 enclosed (child also attending Camp Cunningham)

Tuition includes Milton Ja Shin Do t-shirt. Please indicate child's size _____

Karate Permission Form

Child's Name _____ Gr Fall '20 _____ Age _____

In the interest of safety, please list any physical limitations, cognitive issues or health conditions (including asthma or other chronic respiratory disorders, allergies, gross motor difficulties, disabilities, or illnesses) of which the instructor should be aware before your child participates in karate:

If your child has been prescribed with Epi-Pen and/or Inhaler, you must provide the Karate instructors with the medication and a copy of the action plan from your child's physician only during Karate hours. CC campers medication will be kept in the nurse's room.

Parent Signature: _____

Date : _____