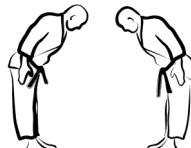






# Karate Camp

FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Week: June 9th-June 13th**

♦ Field Trips and Activities are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9</p> <ul style="list-style-type: none"> <li>4 Basic Blocks</li> <li>Kickboxing Combinations</li> <li>Japanese Counting</li> <li>What is Bullying?</li> </ul> 	<p>10</p>  <ul style="list-style-type: none"> <li>3 Stances</li> <li>Kicks - Front &amp; Roundhouse</li> <li>Wrist Grabs</li> <li>How to Talk with Bullies</li> <li>What is Nutrition?</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>Line Drills</li> <li>Jump Kicks</li> <li>Karate Show Review</li> </ul> 	<p>12</p>  <ul style="list-style-type: none"> <li>Karate Show Review</li> <li>Nutrition, What are fruits &amp; Vegetables</li> </ul>	<p>13</p>  <ul style="list-style-type: none"> <li>All Day at the Y</li> <li>Karate Show for Campers</li> <li>SWIM 11:30AM-12:30PM</li> <li>Group Games</li> </ul>
Special Notes	Special Notes	Special Notes	Special Notes	Special Notes
<ul style="list-style-type: none"> <li>Be at Camp NO LATER than 9am</li> <li>1 Morning &amp; 1 Afternoon Snack (NUT FREE)</li> <li>Lunch (NUT FREE)</li> <li>Water Bottle</li> <li>Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>Be at Camp NO LATER than 9am</li> <li>1 Morning &amp; 1 Afternoon Snack (NUT FREE)</li> <li>Lunch (NUT FREE)</li> <li>Water Bottle</li> <li>Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>Be at Camp NO LATER than 9am</li> <li>1 Morning &amp; 1 Afternoon Snack (NUT FREE)</li> <li>Lunch (NUT FREE)</li> <li>Water Bottle</li> <li>Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>Be at Camp NO LATER than 9am</li> <li>1 Morning &amp; 1 Afternoon Snack (NUT FREE)</li> <li>Lunch (NUT FREE)</li> <li>Water Bottle</li> <li>Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>1 Morning &amp; 1 Afternoon Snack (NUT FREE)</li> <li>Lunch (NUT FREE)</li> <li>Water Bottle</li> <li>Sunscreen</li> <li>Bathing Suit, Goggles, Towel, Change of Clothes</li> <li>Dress Up as Your Favorite Musical</li> </ul>