



## **International Martial Arts, The East** - SPRING BREAK April 14th - 18th, 2014

Watch, practice and learn about a variety of martial arts styles all originating from the east. Styles such as Wushu, Wing Chun, Judo, Muay Thai, and Tae Kwon Do will all be examined and practiced. We will have live demonstrations, watch documentaries and explore the awesomeness of martial arts from around the globe. This camp is suitable for all skill levels.

## **Mastering the Sword** - Week One June 23rd - 27th, 2014

Master the sword this summer with a camp that will give you everything you need to understand the history of the Japanese sword and how to wield it. Participants will engage in activities such as blocking and cutting techniques using wooden swords, paired practice using foam swords, watching a documentary on how swords are forged, watching a live sword cleaning, and many other activities. These will all help beginner to advanced participants *master the sword!*

**Week Two June 30th - July 4th, 2014 NO CAMP**

## **International Martial Arts, The West** - Week Three July 7th - 11th, 2014

This camp is part two of International Martial Arts Week, with a focus on martial arts from the west! Styles such as boxing, Brazilian Jiu-Jitsu, Fencing, Jeet Kune Do, and Capoeira will be demonstrated, practiced, and learned about. Although the East is known as the birthplace of most martial arts, the west has a wide array of styles that are both interesting and *extremely fun to practice!* All skill levels are welcome.

## **Martial Arts Tricking** - Week Four July 14th - 18th, 2014

The modern and very cool art of martial arts tricking is a fast pace fusion of GYMNASTICS and ACROBATIC MARTIAL ARTS. During this camp participants will have a blast learning techniques that include jumps, spins, and high flying kicks. We will have a guest performance that will never be forgotten and participants will gain skills that will keep them active and having fun while exercising and gaining control over their bodies. All skill levels are welcome.

## **Ultimate Board Breaking** - Week Five July 21st - 25th, 2014

Wooden board breaking is one of the most fun and satisfying exercises a martial arts practitioner can do. It tests your accuracy, power, and focus. It lets you know where you need to improve or if you have mastered the technique. This camp week will be focused on the art of board breaking with demonstrations, in depth training, and, of course, lots of board breaking! All skill levels are welcome.

## **Martial Arts History and Future** - Week Six July 28th - August 1st, 2014

If you ever want to move forward on something it is important to examine the past. In this camp we will start by studying the history of martial arts including its origins and how it has evolved over time. When all participants have a good understanding of the history, we will set them loose to think of where it could be going. They will also construct a scroll using pictures and text to show their version of the history and also their version of the future. It will be a great week of exploration and creativity. All skill levels are welcome.

## Martial Arts Game and Competition - Week Seven August 4th - 8th, 2014

GAMES! This week is built around all of the awesome martial arts games that students currently love, such as Ninja Ball, Noodle War, Capture the Fist, and more. We will run competitions and tournaments with prizes for all. Students will practice good sportsmanship and cooperative play throughout the week to ensure all who participate have an enriching and reward time. All skill levels are welcome.

## Yin and Yang Week - Week Eight August 11th - 15th, 2014

This week will focus on the ever present concept of yin and yang! Opposing forces are all around us like light and dark, fast and slow, and left and right. Our goal during this camp week will be to bring balance by conquering fears, overcoming challenges, practicing with your non-dominant hand and all types of craziness! This will be a week of exploration and triumph for all that participate. All skill levels are welcome.

## Movie Fight Choreography - Week Nine August 18th - 22nd, 2014

Imagine all the action of a fast paced martial arts movie in a summer camp! This week will focus on the techniques that will help the participants create a fight scene. They will make a story board to plan out the action, run rehearsals, wear costumes, film it, and on the final day watch it on the big screen! All skill levels are welcome.

## Ultimate Obstacle Course - Week Ten August 25th - 29th, 2014

This week is all about agility, speed, focus and FUN! Participants will be taught the techniques to run the perfect obstacle course, shaving seconds off their time. Evolve All has the space and the equipment to create obstacle courses that are dynamic, have tons of variety, and are challenging for all levels of skill. This week will finish off the summer and prepare all the participants to get geared back up for the school year!

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- Camps are available for children **5 to 12 years old**.

- We have adjusted the times and prices of our camps and are excited to offer a Half Day option, as well. Our new hours are **9am-12pm for Half Day** and **9am-4pm for Full Day** with **Extended hours available from 8am-6pm**. The new schedule and prices are listed on the following page. (Half Day campers should be picked up at 12noon, before lunch. Full Day campers should bring a lunch and we will provide an afternoon snack.)

- When signing up for camp, **payment is for the full week**, allowing your child to fully partake in all of the events planned. There is no proration for partial week registrations.

- Our field trips for bowling, swimming, and other **off-site activities will be scheduled for the afternoons**, therefore available to the full-day campers only.

- We will **close registration the Friday before camp begins**.

- **Full Refunds** will be given until 15 days before camp begins. After that point, partial refunds (75%) will be given until the Friday before camp. No refunds will be given after camp begins.

- Please pick up your child promptly. There will be a **penalty for late pickups**.

- **Sibling registrations** receive a **25% discount** for currently enrolled members.

- Sign up for all nine weeks of summer camp and you'll get **one week free!**

## CAMP SCHEDULE AND PRICES

	<b>HALF DAY</b>	<b>HALF DAY EXTENDED</b>	<b>WHOLE DAY</b>	<b>WHOLE DAY EXTENDED</b>
	9 - 12noon	8 - 12noon	9 - 4pm	8 - 6pm
Member	\$140	\$160	\$200	\$250
Non-Member	\$160	\$180	\$220	\$270

Camp Week	Half Day Registration	Whole Day Registration	Extended Hours Registration
<b>SPRING BREAK</b> April 14th - 18th INTERNATIONAL M.A. - EAST			
Week one June 23rd - 27th MASTERING THE SWORD			
Week two June 30th - July 4th, 2014 NO CAMP			
Week three July 7th - 11th INTERNATIONAL M.A. - WEST			
Week four July 14th - 18th MARTIAL ARTS TRICKING			
Week five July 21st - 25th ULTIMATE BOARD BREAKING			
Week six July 28th - August 1st M.A. HISTORY AND FUTURE			
Week seven August 4th - 8th M.A. GAME AND COMPETITION			
Week eight August 11th - 15th, 2014 YIN AND YANG WEEK			
Week Nine August 18th - 22nd MOVIE FIGHT CHOREOGRAPHY			
Week ten August 25th - 29th ULTIMATE OBSTACLE COURSE			

Please put a check mark to the right of the camp(s) you would like to participate in, and under the length of day option.

## Youth Martial Arts Registration

**Child's Name** \_\_\_\_\_ **Gender** \_\_\_\_\_ **Birthdate** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Age** \_\_\_\_  
 Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_  
 School Child Attends \_\_\_\_\_ Grade \_\_\_\_\_  
 Child's Physician \_\_\_\_\_ Phone \_\_\_\_\_

**Father/Guardian's name** \_\_\_\_\_ **Place of Employment** \_\_\_\_\_  
 Home Phone(\_\_\_\_) \_\_\_\_\_ Work Phone(\_\_\_\_) \_\_\_\_\_ Cell Phone(\_\_\_\_) \_\_\_\_\_  
**Mother/Guardian's name** \_\_\_\_\_ **Place of Employment** \_\_\_\_\_  
 Home Phone(\_\_\_\_) \_\_\_\_\_ Work Phone(\_\_\_\_) \_\_\_\_\_ Cell Phone(\_\_\_\_) \_\_\_\_\_  
 Parent/Guardian with legal custody of child \_\_\_\_\_

**Email Address** \_\_\_\_\_

Name & Address of two people to contact in case of an emergency(if parent/guardian can't be reached)

1) Name \_\_\_\_\_ Address \_\_\_\_\_  
 Home Phone(\_\_\_\_) \_\_\_\_\_ Work Phone(\_\_\_\_) \_\_\_\_\_ Cell Phone(\_\_\_\_) Text \_\_\_\_\_  
 Relationship to Student \_\_\_\_\_  
 2) Name \_\_\_\_\_ Address \_\_\_\_\_  
 Home Phone(\_\_\_\_) \_\_\_\_\_ Work Phone(\_\_\_\_) \_\_\_\_\_ Cell Phone(\_\_\_\_) \_\_\_\_\_  
 Relationship to Student \_\_\_\_\_

Persons authorized to pick up child

Persons NOT authorized to pick up child

INFORMATION & CHARACTERISTICS	YES	NO	EXPLANATION & COMMENTS
Allergies	<input type="checkbox"/>	<input type="checkbox"/>	_____
Medications	<input type="checkbox"/>	<input type="checkbox"/>	Type and Dosage _____
Seizures	<input type="checkbox"/>	<input type="checkbox"/>	_____
Dietary restrictions	<input type="checkbox"/>	<input type="checkbox"/>	_____
Physical limitations/restrictions	<input type="checkbox"/>	<input type="checkbox"/>	_____
Chronic conditions/illnesses	<input type="checkbox"/>	<input type="checkbox"/>	_____
Any unusual fears	<input type="checkbox"/>	<input type="checkbox"/>	_____
Easily upset	<input type="checkbox"/>	<input type="checkbox"/>	_____
Physically aggressive	<input type="checkbox"/>	<input type="checkbox"/>	_____
Withdrawn, shy	<input type="checkbox"/>	<input type="checkbox"/>	_____
Hyperactive	<input type="checkbox"/>	<input type="checkbox"/>	_____

Please List any Needed special assistance or accommodations:

### AGREEMENT TO RELEASE ASSUMPTION OF RISK, AGREEMENT TO HOLD HARMLESS

The undersigned is aware that there are certain inherent risks involved in participating in an Evolve All program, but not limited to, the risk of theft or of damage to my property and the risk of personal injury from participation in the program activities and transportation. In consideration of my being granted permission to participate in these activities and to use the facilities of Evolve All and/or other activities and services provided by it's agents and employees, including food service and transportation. I, on behalf of myself, my executors, administrators, heirs, next of kin, and successors, hereby covenant to hold harmless and indemnify Evolve All and all it's officers, departments, agencies, agents and employees from any and all claims, lessees, damages, injuries, fines, penalties and costs (including court costs and attorney's fees), charges liabilities, or exposures, however caused, resulting from or arising out of or in any way connected to my or my family's participation in the program. I have read and understand this Hold Harmless Agreement and by my signature agree to it's terms.

#### PHOTO RELEASE

I hereby give my permission without restriction to the Evolve All and it assignees to photograph or videotape my child during participation in Evolve All programs. I specifically waive any right to compensation with respect to my child's name, likeness, picture and/or voice. The purpose of this release is to facilitate publicity for any Evolve All programs.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_