



Eastside Family Karate

Summer Training

2010

4076 148th Avenue N.E.
Redmond, WA

We are excited to offer Camps for this Summer.

All Camps are \$85 per week plus the cost of the weapon or sparring equipment if needed.

Prerequisite for Bo camp is a white belt with black stripe. **OR** Get an OK from Sensei. Please ask if you have any questions.

Program offers:

Safe and Caring Instruction

Individualized Attention

Physical Fitness

Self-Defense Training

Traditional Karate

Camps will run 1:00-3:00pm

#1. June 21-25 Beginner - Intermediate Karate.

#2 July 12-16 Jumping Camp

#3. July 19-23 Bo Camp

#4. Aug 2-6 Sparring Camp



REGISTRATION FORM

Please make checks payable to: Eastside Family Karate

Name: _____ **Age:** _____ **Karate Experience:** _____

Address: _____

City: _____ **Zip:** _____ **Email:** _____

Home/Cell Phone: _____ **Emergency Contact:** _____

#1. Beg-Int _____ **\$85** **# 2. Jumping camp** _____ **\$85.** **# 3. Bo Camp** _____ **\$85.**

Bo _____ **\$20.** **# 4. Sparring Camp** _____ **\$85.** **Sparring Equipment** _____ **\$35.**

OFFICE USE: Paid \$ _____ **Check #:** _____ **Date:** _____