

New this year!

KARATE Camp

Grand Master Mr. Mike McNamara and Master Instructor Kwan Jang Nim Ms. Camille of the *Milton Ja Shin Do* Karate program will offer a week-long camp during the week of July 13-17.

- WHO:** Students entering grades 1 – 8 in fall 2009. All levels of experience, as well as students with no 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:** Monday-Friday, July 13-17 10:00 am – 2:00 pm
Please pack a lunch; we will provide refrigeration.
- COST:** \$165.00 \$140.00 for students also attending Camp Cunningham that week
(escort between programs is provided)

Karate Camp Registration

Student Name _____ Grade Fall 09 _____
Address _____ Home Phone _____
Parent Name _____ Cell Phone _____
Email _____
Emergency Contact (if parent is unreachable) _____
Relationship to student _____ Phone _____

___ \$165.00 enclosed, payable to MCS
___ \$140.00 enclosed as my child is also attending Camp Cunningham Week 3

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