

# Wang's Martial Arts

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## One Day Training Camp

**Date: SUNDAY, November 9, 2008**

**Time: 9am – 4pm**

**Place: Schott's Park**

8510 Will Clayton Parkway

Humble, TX 77338

(near the Humble Civic Center)

**\*If the weather does not permit use of the park, the camp will be held at Wang's Martial Arts**

**Fee: \$25.00**

**Pre-requisites: 15 years and above – All ranks may participate**

14 years and younger – Brown and Jr. Black Belts

**A MINIMUM OF 10 PEOPLE MUST REGISTER**

**Items to bring:**

1) A sack lunch

2) An extra uniform (if you have one), extra undershirts

3) A water bottle

4) healthy snacks

5) Sparring gear for select drills (no free sparring will take place, but certain drills will require the use of protective gear for added safety).

**Objective: This one day camp will alternate bag drills (kicking shield, focus mitts, etc.) with applications from the forms and selected mantis techniques throughout the day. Students who participate will have the opportunity to fine-tune techniques they have learned, work combination techniques, drill to improve their overall sparring, and ask plenty of questions! This is a great opportunity to work with your classmates, practice and apply techniques. Students should expect a healthy, heavy workout and to have lots of fun!**

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### Registration Form

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Rank:** \_\_\_\_\_

**Number of Participants:** \_\_\_\_\_ x \$25.00 = \_\_\_\_\_

**Amount Paid:** \_\_\_\_\_