

## INFORMATION

### Location

America's Best Karate of Danville  
321 Hartz Ave, Suite 4, Danville

### Dates (Please, check)

- Session I: June 16-20   
Session II: July 14-18   
Session III: July 28-August 1   
Session IV: August 11-15   
Session V: August 18-22

### Features and Pricing

#### Basic Half Day Training

- 10am-12:30pm (1 week) \$135   
12:30pm - 3pm (1 week) \$135   
10am-12:30pm (1 day) \$35   
12:30pm-3pm (1 day) \$35

#### School Day Training

- 10am-3pm (1 week) \$200   
10am-3pm (1 day) \$50

### Family & Multi-Week Discount

Students attending more than one week receive a \$20 discount for each additional week. Second and third family members receive a \$20 discount per week.

## Registration and Payment

Enrollment is subject to availability and is on a first-come, first-served basis. ABK reserves the right to close registration or extend the deadline depending upon enrollment.

Please, register early to avoid the waiting list, as space is limited.

### Note

Non-ABK students are welcome!  
Bring your friends and siblings!

If you need any additional information about the program, please contact:

Mrs. Seta Lerma or ABK Staff  
phone# (925) 838-3820  
email: [info@abkdan.com](mailto:info@abkdan.com)  
321 Hartz Ave, Suite 4  
Danville, CA 94526!



## SUMMER DAY TRAINING 2008

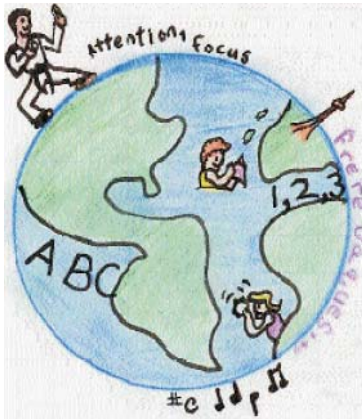
**June 16-20**

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**August 18-22**



## Our Goal

The goal of our day training is to provide a fun and safe environment for children to start learning or supplementing their martial arts skills.

With class size up to 20 children, the summer day training allows participants to have a very personal experience with their instructors and peers and a quality time, filled with games and activities aimed at improving physical skills, strengthen their discipline, self esteem and teamwork skills.

The summer day training is a motivational and valuable experience for children ages 4 to 14.

**PARTICIPANTS RECEIVE CLASS CREDITS!**

Each full day of Summer Training (10am to 3pm) will be marked as a full day on your PT card.

## Activities

Daily activities will include Curriculum Training, fun Martial Art Games, Self- Defense classes, Martial Arts History and Art and Culture. Learning about foreign cultures and their history will be highlighting their contribution to Martial Arts and its origins. There will be fun games at the studio and Wednesdays at the park!

Special games will be emphasizing martial arts skills including balance, timing, speed and conditioning. Arts and Crafts classes will expand creativity and attention to detail.

## What to Bring

Each participant is expected to wear **comfortable clothing and shoes**. Since dietary requirements differ, we invite campers to **bring lunch**. We will provide juice beverages. **After lunch, we provide 15 minutes of quiet time when campers can choose between reading and relaxing, therefore bringing a book is required.**

## Registration Form

Student Name: \_\_\_\_\_

Sex: Female \_\_\_\_\_ Male \_\_\_\_\_

Age: \_\_\_\_\_

Current Belt Rank: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Home Phone ( ) \_\_\_\_\_

Work Phone ( ) \_\_\_\_\_

Emergency Contact & Phone Number: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Physician's Name & Phone Number: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Special Medical or Other Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I hereby authorize the staff of ABK to act for me according to their best judgement in any emergency requiring medical attention, and hereby waive and release ABK from any and all liability for any injuries or illness incurred while at the summer training. I have read and understand the terms and conditions outlined in this brochure, including the cancellation policy.

Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

(Parent or Guardian)

