

## INFORMATION

### Location

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

### Dates (Please, check)

- Session I: June 14-18   
Session II: June 21-25   
Session III: July 5-9   
Session IV: July 12-16   
Session V: August 16-20

### 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 of School Day Training receive a \$20 discount for each additional week. Additional family members receive a \$20 discount per week of School Day Training (not to be combined with multiple week discounts).

## 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



MARTIAL ARTS ACADEMY  
DANVILLE, CA  
EST. 1993

**SUMMER  
DAY  
TRAINING  
2010**

**June 14-18  
June 21-25  
July 5-9  
July 12-16  
August 16-20**



## 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 students ages 4 to 15.

**PARTICIPANTS RECEIVE CLASS CREDITS!**

Each full day of Summer Training (10am to 3pm) will be marked as a class credit 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.

Special games will be emphasizing martial arts skills including balance, timing, speed and conditioning. We create an environment which fosters social growth, teaches leadership skills for advanced belts and helps students with testing preparation.

## What to Bring

Each participant is expected to wear **comfortable clothing and shoes**. Since dietary requirements differ, we require full day campers to **bring lunch and beverages**. **After lunch, we provide a quiet time when campers can read and relax, therefore bringing a book is required.**

## Registration Form

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

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

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

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

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

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

\_\_\_\_\_

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

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

Email \_\_\_\_\_

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.

Date: \_\_\_\_\_

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

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

(Parent or Guardian)

