



Summer Seminar 2024

Children's Registration

Goals for the seminars:

Each seminar will have multiple instructors at the seminar to help students develop the combination of technical, physical and character skills to develop and improve as martial artists. The seminar will be composed of a few key components.

1. **Technical Training:** Students will make improvements on self-defense, forms and basic motions at every seminar. Though we expect to vary the mix each seminar, students will make progress in every area.
2. **Character Development:** Each seminar will have a particular theme related to key habits of success.
3. **Bonus Training:** Each seminar will have an unusual training element that we generally don't cover very much in our basic classes.
4. **Tournaments:** Each seminar will have competitions to give us a forum to develop teamwork, teach sportsmanship and sharpen their focus.

<i>Week</i>	<i>Morning Character Focus</i>	<i>Morning Bonus Training</i>	<i>Afternoon Character Focus</i>	<i>Afternoon Bonus Training</i>
	<i>9:00am to</i>	<i>12:00pm</i>	<i>12:30pm to</i>	<i>3:30pm</i>
Week 1 <i>7/8-12</i>	Anti-Bullying	Short Sword		
Week 2 <i>7/15-19</i>	Goals: Strategies to Get Started	Nunchuku		
Week 3 <i>7/22- 21</i>	Goals: Finish What You Started	Bo Staff	Focusing on Focus	Kama
Week 4 <i>7/29-8/2</i>	The Separation is in the Preparation	Sword	FEAR is NOT a Factor	Shuriken (Throwing Star)
Week 5 <i>8/5-9</i>	Focusing on Focus	Shuriken (Throwing Star)	Anti-Bullying	Bo Staff
Week 6 <i>8/12-16</i>	Give Respect Get Respect	Escrima	The Separation is in the Preparation	Sword
Week 7 <i>8/19-23</i>	Sportsmanship and Teamwork	Short Sword	Goals: Strategies to Get Started	Nunchuku
Week 8 <i>8/26-30</i>	Goals: Finish What You Started	Kama	Give Respect Get Respect	Short Sword

Morning session drop off will be no earlier than 8:55am
Afternoon session drop off will be no earlier than 12:25pm
Late pickup will have a fee of \$20 for each 15 minutes

Tournaments:

Each seminar's tournament will be a combination of 5 or more events. The events will generally consist of a mix of events that stress fitness and athleticism, traditional technical skills such as forms or self-defense and events that focus on the bonus training event for the week.

At the end of the summer, all seminar participants can turn in medals that they have earned at the tournaments for trophies. The more medals you earn, the bigger the trophy you can receive.

Bonus Training Summary:

We will have 7 bonus training elements. They are as follows:

1. Nunchuku: A fun weapon, characterized by fast spinning and strikes. Chucks are great at improving fine motor skills and grip strength. All students will practice with foam nunchaku for those of you who are thinking we would give a 7 year old a wooden stick and say, "Here spin this around your head and see what happens."
2. Shuriken/Throwing Star: This ninja weapon should be a good bit of fun for students to practice with. At first we will throw rubber shurikens at targets focusing on accuracy and later for speed.
3. Kama: Traditionally a farmer's weapon similar to a sickle. This type training is very athletic and involves a fair amount of trick kicks.
4. Sword: Students will practice with foam action flex swords to review and learn some of the sword curriculum in the leadership program. Sword puts a strong emphasis on focus and attention to detail.
5. Bo Staff: Students will practice with padded bo staves to review and learn some of the bo staff curriculum in the leadership program. Bo staff puts a strong emphasis on gross motor coordination and is physically demanding to control and swing with power.
6. Short Sword: This one handed sword has a different feel than a traditional long sword. The training tends to emphasize quick movements in and out of striking range.
7. Escrima: These short one handed weapons are part of the black belt curriculum. They are shorter blunt weapons, basically like a bo staff that has been cut in half. They are one of the easiest weapons of opportunity to use in self-defense.

How do seminars count toward stripes?

One of the big questions for every student when we talk about seminars is stripes. Stripes are always awarded based upon merit. However, coming to a 40 minute class is not the same as coming to a 900 minute seminar. A reasonable estimate is that a single seminar is equivalent to 15-18 classes in terms of technical and physical experience. It doesn't guarantee a stripe, particularly at higher belt levels, but it does help a student to prepare. It's really the same lesson we explain to all of our students, a mix of patience and practice is required to succeed.

How many instructors are there at a seminar?

That does depend on the composition of the group, and the number of people in the seminar. But we tend to have for 6-8 students per instructor at the seminar.

Online Registration:

You can reserve your spot in any seminar on our member site, but seminars swaps and discounts from Leadership or Black Belt Club passes can only be processed with this form.

Payments:

Payment is due on registration. You can receive a refund of this fee if two conditions are met: You cancel on or before the Friday prior to your session and a student on the waiting list is able to fill your place.

Seminar Swap:

You can swap one month of regular classes for one session of a summer seminar for a maximum of two months in total.

More Details:

Students staying for both morning and afternoon sessions should bring their own lunch. It is also advisable for students to bring a distinctive water bottle so they can sip some water during the seminar. Snack and drinks will be provided around the half way point of each session. Students should attend wearing their **full uniform** as some skills are impossible to practice properly without their uniform.

BALANCED

MARTIAL ARTS

Write the student's name in boxes for the sessions that you would like to participate in for Summer Seminar 2024.

	Week 1 7/8-12	Week 2 7/15-19	Week 3 7/22-26	Week 4 7/29-8/2	Week 5 8/5-8/9	Week 6 8/12-16	Week 7 8/19-23	Week 8 8/26-30
Morning 9:00-12:00								
Afternoon 12:30-3:30	N/A	N/A						

Late pickup will have a fee of \$20 for each 15 minutes after pick-up time.

Student Name: _____ Age: _____ Rank: _____

Student Name: _____ Age: _____ Rank: _____

Student Name: _____ Age: _____ Rank: _____

Member Price per session \$285 X _____ # of sessions \$ _____

Seminar Swap dates: (List dates you plan on not taking regular classes that are "swapped" i.e. 7/15 to 8/14)

Swap for these dates from _____ to _____ (1 month period) no charge

Swap for these dates from _____ to _____ (1 month period)

Less: \$50 per each LT/BBC pass \$ _____

(Registration with pass discount cannot be done online)

Non-Member price per session \$335 X _____ # of sessions \$ _____

(includes 1 uniform)

Total amount due \$ _____

Credit Card info: Visa MC Amex Name on card : _____

Account Number _____ Expiration ____/____ Security Code _____

Signature: _____ **To use card on file initial here** _____

If your child has any other needs that we need to be aware of to insure their welfare and enjoyment of this special event please list them on the back of this page.

We hope that everything will go smoothly and everyone will have a great time. However, to insure the safety of all students participating, in extreme instances of misbehavior any student maybe told to leave the seminar. We will take all steps necessary to protect our students from mishaps. Please sign below to acknowledge this.

Signature of Parent/Guardian: _____ Date: _____