

Hill Country Karate's Self-Defense & Weapons Training Camp

- Practical self-defense against assault
- Hands-on training with a variety of martial arts weapons
- Learn to protect yourself and your loved ones
- Practice real life scenarios in safe environment

Students (except Brown Belts) who have already completed two adult camps will receive TEN CLASS CREDITS for attending.

Who can come?

This camp is open to ANY Senior Student at ANY belt level. Students will be grouped by experience level. Students under 15 may only stay overnight if accompanied by a parent who is also a HCK student or who has an accompanying black belt sponsor. Sorry no pets, no children, no family or friends may attend.

What should I bring?

ALL campers are required to furnish their own camping gear, flashlight, personal items and food/drink. Shower facilities are available on-site. Restaurants are located near-by for lunch/dinner breaks. No alcohol, no drugs, no tobacco products will be permitted.

Do not forget your required equipment based on your belt level. These items will be used during camp.

Schedule On Back

September 29, 2018

(RAIN OR SHINE)

\$30.00

No Checks, No Refunds

**ONE DAY
FORMAT!!!**

FEATURING

**-ACTION FLEX SWORD-
BRING HEADGEAR!**

-TOMAHAWK-

-SILAT TRAINING-

**NEWK'S TENNIS RANCH
325 Mission Valley Rd
New Braunfels, TX 78132
(Off Hwy 46)**



Nick Smith: 830-629-6686

mail@hckarate.com

Newk's Ranch: 830-629-3400

Fall Camp Schedule

7:30 AM

8:00 AM

9:30-11:30 AM

BROWN BELT CHECK IN -Personality Course

ADVANCED (been to camp before) CHECK IN

Advanced Rotations - 40 minutes each

- Silat (SSBD)
- Action Flex Sword Fighting-bring headgear!
- Tomahawk
- Silat Training

11:30 AM -1:00 PM

12:30 PM - 1:00 PM

1:00 PM - 4:00 PM

-----Lunch Break-----

Check In-First Time Adults

Afternoon Rotation - 45 minutes each

- Bo Staff
- Multiple Attacks
- Basic Ground Fighting
- Arnis (Stick Fighting)

4:00pm - 5:00pm

5:00pm - 8:00pm

-----Dinner Break-----

Evening Rotations - 45 minutes each

- Power Strikes
- Adv. Ground Fighting
- Knife Defense
- Gun Defense & Disarms

9:00pm-11:00pm

11:00pm

Night Trails

Brown Belt Trails

SUNDAY-8AM - CANDIDATES ONLY

ROPES COURSE

Name _____ Age _____ Phone _____

Instructor _____ Training Location _____

Belt Color _____ Allergies _____

Emerg # _____ Emerg # _____