

Big Karate Clinic Day is coming!

When: Friday, August 1, Saturday, August 2

Cost: \$5.00 for each clinic – each clinic is one hour long

How to register: Fill out form at front desk and pay fee

Clinic Close outs: Each clinic has a maximum, therefore register early to assure your spot.

Special Permission: If you feel that you could participate in a clinic above your level, see Mr. O for special permission.

Friday

Time	Clinic A	Clinic B	Clinic C
6:00 p.m.	Night Warrior Training with O'Sensei (children only) <i>Green Tips and above.</i> Come work with Mr. O's teacher and learn secret night warrior training. No supplies required. Earn your warrior patch!	What is Ki? - (teens/adults) Mr. O. <i>All belt levels</i> Work on drills that will develop your "ki" strength. Drills designed to supplement physical power with mental focus.	Meditation - (teen/adults only) Mrs. O. <i>all belt levels</i> Learn the proper techniques to begin meditation. This class does not teach any religious concepts, just how to relax into a meditative state.

Saturday

Time	Clinic A	Clinic B	Clinic C
1:00	Escrima (adults only) Ms. Dupont <i>Green Belts and above.</i> It is best to have your own set of Escrima sticks if you take this class, but there are some to borrow.	Learn to Box - (adults and children) Mr. Moss <i>All belt levels</i> Bring boxing gloves if you have them.	Wrestling/Judo - (adults only) Mr. O <i>all belt levels</i> Learn how to get out of all those pins and holds that Mr. O likes to put you in!
2:00	Escrima - (children only) Ms. Dupont <i>Green Belts and above</i> It is best to have your own set of Escrima sticks if you take this class, but there are some to borrow.	Tournament Sparring - (children only) Mr. Maidon <i>Green tip and above</i> Learn how to get points in tournament sparring. Your own safety equipment is necessary.	Wrist Locks - (adults only) Mrs. O all belt levels Learn the 5 wrist locks and how motion and direction can increase their effectiveness.
3:00	Chanbara - (children only) Mr. Letourneau <i>Green tip and above</i> Bring any padded weapons you own, we will provide the rest. Please bring your headgear.	Weapons Fighting - Mr. Bard & Mr. Buckmaster (adults only) <i>Green Tips and above</i> If you own Tonfas, Sais, Kamas or Bo, please bring them with you.	Throwing, sweeps and takedowns Mr. O (adults only) <i>Gold Belt and above</i> Learn the correct way to do the throws you've been trying to do in self defense sets!
4:00	Iaido – (adults only) Mr. Letourneau Learn sword drawing art including its history, principles, techniques, training and etiquette.	Child/Parent Safety Class – Mr. Maidon (children with a parent; neither parent, nor child have to be a student) This class requires a parent to help the kids learn a few easy "break free" techniques	Bo/Sai Drills; Bo/Tonfa Drills – Mr. B & Mr. B (children only) <i>Green Tip and above</i> Bring any of these weapons with you if you own them.
5:00	Chanbara - (adults only) Mr. Letourneau <i>Green Tip and over</i> Bring any padded weapons you own, we will provide the rest. Please bring your headgear.	XMA Prep - (children only) Ms. Dupont <i>Green tips and above</i> Learn about gymnastics, weapons and other skills it takes to be on the XMA team.	Introduction to Kendo - Ms. Yarbrough <i>Adults any belt, kids Green Belt and above</i> Learn the basics of the sword art of Kendo. You must have your own Bokken to participate.