

## Martial Arts

*(More than kicking & punching)*


Make this summer the best summer ever with our exciting Martial Arts Day Classes. Enjoy martial arts training along with fun and challenging games and drills. Learn martial arts techniques and work on improving important life skills such as:


- FOCUS
- RESPECT
- CONTROL
- DISCIPLINE
- SELF-CONFIDENCE
- COORDINATION
- AND MUCH MORE


There are 4 weeks of classes to choose from each with a different martial arts focus. Classes are open to beginners as well as advanced students. Choose one or more weeks, but be sure to register early since classes are limited in size.

### Summer Day Classes

 June 12th thru June 16th  
**Mini Martial Arts Class**

 June 26th thru June 30th  
**Jiu-Jitsu Class**

 July 10th thru July 14th  
**Ninja Skillz Class**

 July 24th thru July 28th  
**Bo/Staff Fighting Class**



CKD Academy of Martial Arts  
1778 South Broadway  
Santa Maria, CA 93454



**Summer Day  
Classes**

**June thru July  
2023**

CKD ACADEMY OF MARTIAL ARTS



Our goal at each CKD Academy of Martial Arts Summer Day Classes is for each student to have fun as well as to learn proper and effective martial art techniques. We also focus on building respect, self-confidence, and self-discipline.

Our classes are taught by Sensei Heather and Sensei Travis, who have a combine total of over twenty-five years of teaching experience and more than thirty years experience in martial arts. They love sharing their knowledge of martial arts with others and have taught children of all ages as well as adults. Sensei Heather and Sensei Travis make each class fun, challenging, and full of martial arts training.

Our Martial Arts Day Classes are open to children ages 5 and up. Martial Arts experience is not necessary. Students are taught at their level, so whether your child is a beginner or a more advanced practitioner of martial arts these classes are for them.

**Sample Class Schedule**  
*(All Weeks)*

- 8:30am to 9am—Early Drop Off
- 9am—Warm-up, Lesson of the Day
- 10am—Drills & Martial Arts Games
- 10:30am—Snack Break (bring a healthy snack)
- 11:00pm—Applying What We Learned, More Martial Arts Instruction, Drills, & Games
- 12pm—See you tomorrow!

**Mini Martial Arts Class (ages 5-7)**  
**June 12th thru June 16th**

The perfect class for ages five, six, and seven year olds. Everyday has a different focus. From punches to kicks to combos to coordination drills and self-defense, each student is sure to have a blast during our Mini Martial Arts Class. Cost \$150.

**Jiu-Jitsu Class (ages 6 & up)**  
**June 26th thru June 30th**

From standup to takedown, from hold-downs to submissions this class has it all. Students will learn not only the basics but also several advanced jiu-jitsu moves. Emphasis is placed on proper techniques and their use as well as training in a safe and controlled manner. Join us and develop your jiu-jitsu skill set. Cost \$150.

**Ninja Skillz Class (ages 6 & up)**  
**July 10th thru July 14th**

It's a fact. Ninjas are cool! Their skills are cool! And what would be cooler than developing your own ninja skills this summer at our Ninja Skillz Class?! Join us for a week full of ninja training with specific drills, and challenges to take your coordination, awareness, and agility to the next level. Cost \$150.

**Bo/Staff Fighting Class (ages 6 & up)**  
**July 24th thru July 28th**

The bo (also known as a staff) is a traditional martial art weapon used for centuries to defend oneself. Our Bo/Staff Fighting class takes the fundamentals of the bo and puts them into action. Students practice strikes, blocks, and combos using wooden bo staffs. Then put into practice what they have learned in matches using padded bos and protective gear. This class is full of a lot of fun as well as a lot of training. Cost \$150.

**Summer Day Classes**  
**Monday-Friday**  
**9am to 12pm**

Early drop off (8:30am) No Extra Charge

**ALL STUDENTS MUST BE PICKED UP**  
**NO LATER THAN 12:15PM.**

**NOTE:**  
**STUDENTS PICKED UP AFTER 12:15PM**  
**WILL BE CHARGED \$1 PER MINUTE.**



**Additional Info**

- ◆ A Non-Refundable Deposit of \$50 is due upon sign-up in order to reserve your spot.
- ◆ Each class is limited to 20 students.
- ◆ Registration forms are available online.
- ◆ Uniforms are available(\$30), but not required.



**REGISTER SOON!**  
**CLASS SIZES ARE LIMITED**

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**1778 South Broadway, Santa Maria, CA**

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