

Martial Arts

(More than kicking & punching)

Make this summer the best summer ever with our exciting Martial Arts Day Program. 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 5 weeks to choose from each with a different martial arts focus. Programs are open to beginners as well as advanced students. Choose one or more weeks, but be sure to register early since each program has a limited number of spaces.

Summer Day Program



June 17th thru June 21st
Mini Martial Arts



June 24th thru June 28th
Karate Adventure



July 8th thru July 12th
Weapons - Bokken



July 22nd thru July 26th
Ninja Challenge



July 29th thru August 2nd
Weapons - Nunchaku



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

CKD ACADEMY OF MARTIAL ARTS



SUMMER
DAY
PROGRAM
2024





Our goal at each CKD Academy of Martial Arts Summer Day Program 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 programs 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 program fun, challenging, and full of martial arts training.

Our Martial Arts Day Programs 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 programs are for them.

Sample Schedule

- 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 (ages 5-7)
June 17th thru June 21st**

The perfect program 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 Mini Martial Arts. Cost \$125.

**Karate Adventure (ages 6 & up)
June 24th thru June 28th**

Join the adventure and the fun as you embark on a journey filled with karate, sparring, grappling, self-defense, and weapons. Each day focuses on a different element of martial arts. Lessons are reinforced by fun drills and exciting martial art games. Cost \$125.

**Weapons—Bokken (ages 6 & up)
July 8th thru July 12th**

Learn the art of the Bokken (wooden sword). Build strength, develop discipline, and learn how to move the bokken like a samurai. Students are taught proper execution of techniques and the responsibility required when learning weapons. Lessons are taught with exciting drills and fun martial art games. Cost \$145.

**Ninja Challenge (ages 6 & up)
July 22nd thru July 26th**

You are sure to have a blast at Ninja Challenge. Not only will you develop skills like a ninja but you will also work together as a team to take down the challenges in Ninja Challenge. Emphasis is placed on proper technique and how to apply it in self-defense. Challenges will test and develop your focus, agility, coordination, and retention in a fun and challenging way. Take on the challenge and see how your ninja skills stack up! Cost \$125.

**Weapons—Nunchaku (ages 6 & up)
July 29th thru August 2nd**

Learn how to use the nunchaku. Boost your coordination, awareness, and focus. Emphasis is placed on the proper use of nunchaku and the responsibility needed when

learning weapons. Each day is filled with fun lessons, drills and games to help you learn and develop your skills. Cost \$145 (Nunchaku included).

**Summer Day Programs
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 signup 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!
SPACE IS LIMITED**

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1778 South Broadway, Santa Maria, CA**

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