



## American Concepts Martial Arts

# 2017 Summer Program

Monday July 17<sup>th</sup> ~ Thursday, July 20<sup>th</sup>

9 a.m. ~ 3 p.m.

Each day students will experience:

- Training by a certified RAD instructor. This highly effective program teaches techniques & thinking strategies for personal safety and to avoid being victimized - appropriate for all ages.
  - Learning more about the history and meaning of the martial arts
- Deeper training in the art of meditation, relaxation, focus, and self-calming aspects of the martial arts ~ developing Chi
  - Extra practice, workout and instruction time, with new forms and techniques
- Students will have 3 breaks each day (2 snacks and lunch) and will have a healthy balance of workouts as well as restful lessons.
  - Maximum of 15 participants in this program
    - Each student gets a t-shirt

Students will bring a lunch and 2 healthy snacks for energy each day along with a full water bottle marked with their name. On Thursday we will provide a lunch of pizza, chips, lemonade and dessert.  
(Please advise us of any food allergies)

\$180 per student due by June 1st ...space is limited

\*Family Special: \$300 for 2 siblings, \$420 for 3 siblings\*

*\*program fee is non-refundable\**