

# FAMILY MARTIAL ARTS CENTER

## ACCELERATED TRAINING CAMPS IN JUNE

### DISCOUNT IF REGISTERED BY JANUARY 31!

#### Dear AFMAC Students and Parents:

This summer we will hold our tenth annual AFMAC "Accelerated Training" Camp. This one-week, three-hour a day camp will help your child review everything they've learned in our program so far, as well as techniques for their next test and above. During the week, we will test each student and promote them to their next rank (provided the student can perform the material on the test). Students ready for the next rank before the beginning of camp may be promoted two ranks if they can perform the techniques.

Camp classes will run Monday through Friday from 9 to 12 and from 1 to 4. Please choose the appropriate class for your child's rank on the attached registration form.

Higher ranks will have one or more extra sessions because they have more material to review. This will ensure we cover all the material needed by the end of camp.

Our Advanced Training Camp will help a broad spectrum of AFMAC students:

- Students with average to above-average ability will strengthen their skills with an eye toward long-term improvement and perhaps even competition in the future.
- Students with developmental challenges (ADHD, minor physical disabilities, learning deficits, etc.) can work on their basic skills and hopefully raise their level of understanding and self confidence.
- Gifted students (such as those that compete) will be challenged to raise their skill level. They can accelerate their progress toward Black Belt and beyond in a constructive manner. Since we will cover advanced material, they may even advance another rank or two more than they normally would by summer's end.

Each camp will consist of one or two days' worth of review. Of course, the higher ranking students will have more material to review. The next three or four days will consist of teaching the material for advancement in rank to higher levels. For example, Blue Belts can expect to review all the test material up to Blue Belt, and then to learn techniques for Blue Stripe, Brown, Brown Stripe, and Purple Belt.

Tuition for each camp is \$299. This includes one test fee. **There is a 10% (\$30) discount for early registration for students who register by Tuesday, January 31. Family discounts are explained on the registration form.**

There is a course description included with this letter. I have also included a registration form. Please fill out the registration form and turn it in by the dates indicated on the form. If you have any questions, please see me in the office. Thank you.

Sincerely,

Master James W. Saemann  
Director

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## WHY SHOULD I ENROLL MY CHILD IN THE ACCELERATED TRAINING CAMP?

- 1. Review makes your training foundation stronger.** We review every technique the kids have learned in the past with the intention of making them even better. Basic stances, blocks, kicks, punches, combinations, and forms are all reviewed. This makes learning the new techniques much easier and more productive.
- 2. It's an excellent *value*.** Your child will receive fifteen solid hours of technique training - more technique training than he/she receives in several months of regular training. Camp tuition *includes* one belt test fee.
- 3. Students who attend camp improve dramatically.** The detailed review of past techniques and look ahead to more advanced material makes a much better student out of everyone who attends. Many of our students come out of camp highly energized and motivated to become the best students in the school.
- 4. It's fun!** After three hours of intense training you'd think the kids couldn't wait to get home. But actually it's the other way around - they don't want to leave! They really enjoy the hard work, the in-depth knowledge, and the camaraderie with the other students.
- 5. Protecting your investment.** You've invested a significant amount of time, travel, and money so your child can learn martial arts. Accelerated Training Camp is one of the very best ways to ensure that he/she gets the most out of their training.
- 6. Promotion in Rank.** Depending on your child's knowledge at the time the camp starts, he/she will be promoted one or more belt levels. This is really exciting for the kids and motivates them to go even further in our program.

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## ACCELERATED TRAINING CAMP COURSE DESCRIPTION

Please sign up for the course appropriate for your child's belt rank at the time of the course. For example, if your child is a Blue Belt in January, he/she will probably be Brown Stripe by the time of the Accelerated Training Camp. If you are not sure of your child's projected rank, please see me in the office.

The course schedule and curriculum are shown below. Bear in mind the three hour lesson period includes brief breaks for drinks, snacks, bathroom use, and "fun time". The date and time of each course is shown, along with the ranks of student that should attend each course.

### **Mon., June 18 through Fri., June 22: 9 AM - 12 PM - Yellow Belt through Green Belt**

**Monday:** Review White Belt and Yellow Belt tests. Begin Yellow Stripe test.  
**Tuesday:** Finish Yellow Stripe test. Complete Orange Belt test and Orange Stripe Test.  
**Wednesday:** Teach Green Belt and Green Stripe Tests, introduce Forms and Dive Tumbling.  
**Thursday:** Teach Blue Belt and Blue Stripe Tests, introduce Forms and Dive Tumbling.  
**Friday:** Review and focus on any areas of weakness.

### **Mon., June 18 through Fri., June 22: 1 PM - 4 PM - Green Stripe through Purple Belt**

*(This group should also attend the morning sessions on Monday and Tuesday to review techniques)*

**Monday:** Review White Belt through Green Belt tests.  
**Tuesday:** Review Green Stripe. Teach Blue and Blue Stripe tests.  
**Wednesday:** Teach Brown Belt, Brown Stripe, and Purple Belt tests.  
**Thursday:** Teach Purple Stripe, Red Belt, and Red Stripe tests.  
**Friday:** Review and focus on any areas of weakness.

### **Mon., June 25 through Fri., June 29: 9 AM - 12 PM - Purple Stripe through Cho Dan Bo**

*(This group should also attend the afternoon sessions on Monday and Tuesday to review techniques)*

**Monday:** Review Color Belt Program  
**Tuesday:** Review Color Belt Program  
**Wednesday:** Red Stripe Test, Black Stripe Test.  
**Thursday:** Cho Dan Bo test, 1<sup>st</sup> Degree Black Belt test.  
**Friday:** Finish 1<sup>st</sup> Degree Black Belt test.

### **Mon., June 25 through Fri., June 29: 1 PM - 4 PM - Black Belts (if 5 or more sign up)**

*(Black Belts should also attend the morning sessions on Monday and Tuesday to review techniques)*

**Monday:** Color Belt Review and Spring I, Spring II, Summer I  
**Tuesday:** Color Belt Review and Summer II, Autumn I, Autumn II  
**Wednesday:** Winter I, Winter II  
**Thursday:** Finish Season tests and begin 2<sup>nd</sup> Dan test  
**Friday:** Finish 2nd Degree Black Belt test.

**PLEASE NOTE:** Students must demonstrate proficiency to be promoted. In rare cases a student may not be promoted during camp. In this case we will help the student at subsequent classes to complete the material. **Your tuition for this camp includes ONE test fee.** However, in many cases, students may be promoted two or three levels instead of one. It depends on the ability of the student to learn and master the material. **In this case, the test fees for the additional ranks must be paid by the conclusion of the camp.** We will test students during the week for color belts and season stripes only. We will not give a Black Belt "Degree" test in this camp. Students testing for Black Belt degrees must test during a normal Black Belt test. Cho Dan Bos and Ee Dan Bos who participate in camp will receive a \$65 credit toward their 1<sup>st</sup> or 2<sup>nd</sup> Dan Black Belt test.

# FAMILY MARTIAL ARTS CENTER

## AFMAC SUMMER ACCELERATED TRAINING CAMP

### Registration Form

(Please use one form for each family member.)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Projected Rank: \_\_\_\_\_

(As of 6/18/12)

(As of 6/18/12)

Session : \_\_\_\_\_ June 18-22 AM - Yellow through Green Belt      \_\_\_\_\_ June 18-22 PM – Green Stripe thru Purple  
            \_\_\_\_\_ June 25-June 29 AM – Prpl Str. through Cho Dan Bo      \_\_\_\_\_ June 25-June 29 PM - Black Belts

Tuition for this camp is **\$299**, including one test fee. If you register and prepay by **Tuesday, January 31**, you will receive a **\$30 early registration discount**, making the tuition **\$269**. (*Rates are \$5 lower per child if you have two family members training in our program. Rates are \$10 lower per child if you have three or more family members training. This reflects the lower amount charged for testing.*)

I, the undersigned parent (guardian) of \_\_\_\_\_ (hereinafter referred to in this agreement as “my child”) hereby give my permission for my child to attend the AFMAC Summer Accelerated Training Camp. I understand my child is required to behave properly at all times and show utmost respect to instructors and other camp participants. I understand there is *no guarantee* that any specific rank will be attained by my child. I understand parents are allowed to watch at all times but are not allowed to participate in training activities nor to distract or interfere with the class. I agree to hold harmless AFMAC, Inc., its’ instructors, employees, volunteers, and others associated with this camp for any and all damages, injuries, illnesses, accidents, etc. arising from participation in the camp activities. I also give my permission for camp personnel to seek appropriate medical treatment from licensed professionals should my child need medical care in my absence. I have included medical insurance and emergency contact information below. I understand there are no refunds given if a student is expelled from camp for misconduct. I further understand there are no refunds if my child must withdraw before or during camp unless he/she becomes ill or injured. I agree to send all required equipment, uniforms, drinks, snacks, and other items deemed necessary by the Camp Director.

\_\_\_\_\_  
**Parent (or Guardian)**

\_\_\_\_\_  
**Date Signed**

#### EMERGENCY CONTACT PERSONS:

Primary \_\_\_\_\_ Cell Phone \_\_\_\_\_

Secondary \_\_\_\_\_ Cell Phone \_\_\_\_\_

MEDICAL INSURANCE COMPANY: \_\_\_\_\_

POLICY NUMBER: \_\_\_\_\_ INS. CO. PHONE: \_\_\_\_\_

Please list any allergies to medicine, food, bee stings, etc.. Also list any mental or physical conditions that may affect your child’s ability to participate in camp activities:

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