

Martial Arts

Summer Camps 2012

Kids Camp (Ages 5 - 12)

Session 1: July 16 - July 20

Session 2: July 23 - 27

Session 3: August 6 - 10

Students of all levels will enjoy practicing martial arts, learning about its history, and creating arts and crafts such as origami. Arts from Korea (Taekwondo, Hapkido), Japan (Aikido) and China (Tai Chi) will be explored in a SAFE, FUN, EMPOWERING & ACTIVE environment!

Teen Camp (Ages 13 - 18)

Session 1: June 25 - 29

The tenets of courtesy, integrity, perseverance, self control and indomitable spirit are emphasized through all the activities.

Kid Camp exercises incorporate fitness, health and beginning self-defense.

Teen Camp will be more of a workout and a great opportunity for cross-training and conditioning for other sports as well as self-defense.

All camps are 9am - 3pm daily

Fee: \$175
(includes T-shirt and snack fee)

Demonstration for parents on Friday night at 7pm.

Bring a sack lunch, water bottle and sunscreen.

Instruction provided by Master Jason Mix, professional martial arts instructor for 25 years, and other experienced Black Belt instructors.



Camp Location:

Enso Center for
International Arts
8708 196th Ave NE
Redmond, WA 98053
425.869.0276
www.ensocenter.org

Please direct
questions to:
info@ensocenter.org

