

# Martial Arts

## Summer Camps 2014

### Kids Camp (Ages 5 - 12)

Session 1: June 23 – 27, 2014

Session 2: July 28 – August 1, 2014

Session 3: August 11 – 15, 2014

### Teen Camp (Ages 13 - 18)

Session 1: July 14 – 18, 2014

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!

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

Kids 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.

Demonstration for parents on Friday night at 7pm.

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

All camps are 9am – 3pm daily

Fee: \$185

(includes T-shirt and snack fee)

Bring a sack lunch, water bottle, sunscreen and shoes.



### Camp Location:

Enso Center for International Arts  
8708 196<sup>th</sup> Ave NE  
Redmond, WA 98053  
425.869.0276  
[www.ensocenter.org](http://www.ensocenter.org)

Please direct questions to:  
[contact@ensocenter.org](mailto:contact@ensocenter.org)

