

Martial Arts

Summer Camps 2017

Kids Camp (Ages 5 - 12)

Session 1: June 26-30, 2017

Session 2: July 10-14, 2017

Session 3: August 7-11, 2017

Teen Camp (Ages 13 - 18)

Session 1: July 24-28, 2017

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 more than 25 years, and other experienced Black Belt instructors.

All camps are 9am - 3pm daily

Fee: \$211.77 (\$195+tax)
(includes T-shirt and snack fee)

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



Camp Location:

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

Please direct questions to:
contact@ensocenter.org

