Martial Arts
Summer Camps 2020

Kids Camp (Ages 5 - 12)

Session 1: June 22-26, 2020
Session 2: July 6-10, 2020
Session 3: August 3-7, 2020

Teen Camp (Ages 13 - 18)

Session 1: July 27-31, 2020

All camps are 9am – 3pm daily

Fee: $395.00
(includes T-shirt and snack fee)

Please bring a sack lunch, water bottle, shoes and sunscreen for daily lunch at nearby Perrigo Park.

Want your Kids to take a break from technology, unplug, make friends, build connections and cultivate interpersonal communication skills?

They will learn martial arts from different cultures: Korea (Tae Kwon Do, Hapkido), Japan (Aikido and Aikijujutsu), India (Yoga) and China (Tai Chi) and more.

Kids camp exercises incorporate fitness, health and principles of self-defense and we nurture creativity through projects like origami.

Teens will develop a competitive edge through multi-discipline training that focuses on endurance, flexibility, conditioning and practical self-defense.

This multi-age camp is designed to cultivate team spirit and leadership skills.

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

Each day (weather permitting), campers will eat lunch and engage in outside group play at Perrigo Park.

In a showcase on Friday night at 7 pm, campers will demonstrate their new skills. Family and friends are encouraged to come, watch and be amazed!

Camps are designed and provided by Master Jason Mix, professional martial arts instructor for more than 25 years with the help of 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:
contact@ensocenter.org

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