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Description automatically generated Half Term Karate Camp** A close up of a sign

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I have pleasure in announcing that the “Southern England Karate Federation Half Term Karate Camp” will be held at **ASHLEY JUNIOR SCHOOL, Normans way, Ashley, New Milton. BH25 5FN. (School gym).**

The Karate camp is open to all children from year two upwards and will consist of a mixture of karate and sports games, running for three days. The SEKF holiday camp will be jammed packed with fun whilst offering some very exciting karate, games and agility training. There is no need to wear a karate suit as sportswear and trainers are more appropriate.

Everyone who attends the full three days will receive a certificate.

**ITINERARY FOR A TYPICAL DAY AT HOLIDAY CAMP.**

8.15 - 8.30am - Arrive and settle in

8.30 - 9.30am - Sports games (basketball / softball soccer / dodge ball)

9.30 - 9.45am - Rest and Waterbreak **(**bringa water bottle**)**

9.45 - 11.00am - Karate (pad work)

11.00 - 11.30am - Snack and Waterbreak **(**bring a snack**)**

11.30 - 1.00pm - Sports games (various fun sport games)

1.00 - 2.00pm - Lunch break (bring lunch)

2.00 - 3.00pm - Karate (agility training / karate games)

3.00 - 4.00pm - Rest / read and draw time (bring a book and pencil case)



**COURSE DETAILS**

**Monday 30th May – Wednesday 1st June -** 8.30am - 4.00pm

**COST - Karate Students -** £75.00 **Squad / Mentors –** £60.00

**Elite Athletes – Free Daily rate -** £32.50

Please return the form via WhatsApp to Sensei Danny on 07813 329 710 confirming payment by **Wednesday 25th May** as there are limited numbers for this camp.

PLEASE FILL OUT AND RETURN BOTTOM HALF ONLY

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_\_** MOB:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BD00017_j0151325j0174551j0174539BD00010_BD00017_j0151325j0174539BD00010_j0174551I HAVE PAID THE SUM OF: £\_\_\_\_DATES ATTENDING\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**! Please make payment to Freestyle Combat Karate – 50134759 – 20-68-79**