

ichiban

# ATHLETE & NUNCHUKU CAMP

## AUGUST 2ND - 6TH

9:00AM-3:30PM FULL DAY

9:00AM-12:00PM HALF DAY

### WHAT HAPPENS AT ATHLETE CAMP?

- ICHIBAN CAMPERS WILL WORK ON THEIR KARATE TRAINING TO BE THE BEST KARATE ATHLETES THEY CAN BE
- LEARN NEW JUMP & SPINNING KICKS
- LEARN HOW TO USE NUNCHUKUS & LEARN A NEW FORM
- LEARN BASIC TUMBLING AND GYMNASTIC SKILLS TO ADD TO YOUR KARATE TRAINING
- FUN KARATE GAMES AND CHALLENGES

[www.ichibankarateandfitness.com](http://www.ichibankarateandfitness.com)