

# BERNARDO KARATE ST. THOMAS

## SUMMER KARATE CAMP REGISTRATION

Our Summer Karate Camp allows children to improve their karate skills, fitness, focus, and confidence in a fun, social setting. Throughout the day we will focus on Karate practice. This can include basics, katas, advanced kicks, self-defense, weapons basics, sparring drills, and cardio kickboxing. In addition, there will be breaks for other fun activities. On nice days we will visit the park nearby for some outdoor fun. Each day will include a craft (often with a martial arts theme) that the kids can take home, and fun games. The kids will finish their afternoons with more karate training and some friendly competition.

**\*\*Parents: please be sure your child has a lunch, snacks, water, their karate uniform and belt, outdoor clothes and sunscreen for the park\*\***

Name of Child:	Belt Rank:
Age:	Food Allergies:
Parent Name:	Cell #:

Camp Dates: August 10<sup>th</sup> – August 14<sup>th</sup>, 2026

Drop off: 8:30 AM – 9:00 AM

Camp: 9:00 AM – 4:00 PM

Pickup: 4:00 PM

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Early Bird (before May 1<sup>st</sup>) \_\_\_\_\_ Registration (on / after May 1<sup>st</sup>) \_\_\_\_\_

Amount Paid \$ \_\_\_\_\_