



MASTERS STUDIOS OF SELF DEFENSE *JAMES ISLAND*

Summer Camp Activities Schedule

8:00 to 8:30	Warm up and stretching
8:30 to 9:15	Karate strikes and kicks
9:15 to 10:00	Ninja training
10:00 to 10:15	Morning snack (provided)
10:15 to 10:45	Blocking drills
10:45 to 11:30	Kung fu / tai chi
11:30 to 12:00	Art
12:00 to 12:30	Lunch (brought from home)
12:30 to 1:00	Rest and relaxation
1:00 to 2:00	Jiu-jitsu techniques
2:00 to 3:00	Kung fu / tai chi
3:00 to 3:15	Afternoon snack (provided)
3:15 to 4:00	Games
4:00 to 5:00	Karate class

Campers may be dropped off beginning at 7:30 am. Campers should be picked up by 5:00 pm.

“Remember to Smile”

“Be the best you that you can be”