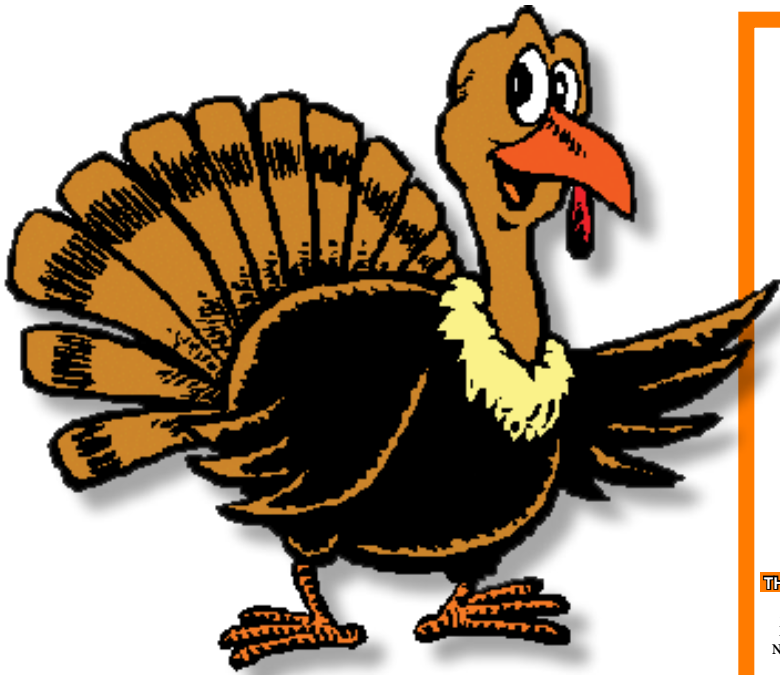




# Thanksgiving Camp

1, 2 or 3 days at Manna's

Manna's wishes you a pleasant holiday of giving thanks.



Arts & Crafts, Nurf,  
Chess, Fun & Games



## WORKSHOPS & CLINICS INCLUDED



THANKSGIVING SPORTS CAMP WEEK Select as many as you want to attend - Open to All

MONDAY  
DAYTIME  
NOVEMBER  
25TH

#14: Self Defense  
Ho Sin Sul 1-10  
All Ranks  
9AM to 10AM \$20

#15: One Steps  
Il Soo Sik 1-5  
Green Belt & above  
10:30 to 11:30AM \$20

#16: Sparring Basics  
Ja Yu Dae Byrun  
All Ranks  
1PM to 2PM \$20

If you are attending the Sports Camp day/days of the Thanksgiving Week Workshops/Clinics are included on the days of your attendance. All others available by paying the attendance fee.

TUESDAY  
DAYTIME  
NOVEMBER  
26TH

#17: Nunchaku  
Nunchaku Il Bu  
Red Belt & above  
9AM to 10AM \$20

#18: Self Defense  
Hapkido 1-6  
All Ranks  
10:30 to 11:30AM \$20

#19: Point Sparring  
Must have sparring gear  
All Ranks  
1PM to 2:30PM \$30

WEDNESDAY  
DAYTIME  
NOVEMBER  
27TH

#20: Kicking  
Basics  
All Ranks  
9AM to 10AM \$20

#21: Kicking  
Jump Kicks  
All Ranks  
10:30 to 11:30AM \$20

#22: Kicking  
Spinning  
Orange Belt & above  
1PM to 2PM \$20

## WORKSHOPS & CLINICS INCLUDED



NOVEMBER DAYS: MONDAY 25th - TUESDAY 26th - WEDNESDAY 27th

DROP OFF as early as 7 AM - PICKUP as late as 6:30 PM

WE WILL BE CLOSED THURSDAY THANKSGIVING DAY, FRIDAY & SATURDAY

You may register for camp online at: [www.manna.us/sportscampday](http://www.manna.us/sportscampday)

# Thanksgiving Camp 1, 2 OR 3 Days at MANNA'S



MANNA MEMBER'S NAME

PHONE

DAYS I WILL BE ATTENDING:  MONDAY  TUESDAY  WEDNESDAY

PARENT OR GUARDIAN

EMAIL

NON-MEMBER  
DAILY RATE

**MANNA'S  
Member Price**

ONE DAY	\$105	\$70
TWO DAYS	\$180	\$130
THREE DAYS	\$220	\$185

MANNA'S MARTIAL ARTS 12285B World Trade Drive, San Diego CA (858) 487-6470