

KARATE CAMP 2024

Our 38th YEAR - OCTOBER 4, 5 & 6



(2024 back of shirt design, design may be adjusted)

3 DAYS & 2 NIGHTS or 1 DAY
 Depart Manna's at 4PM or
 Arrive at camp Friday by 5:15 PM for Dinner
 Cabin Lodging - All Meals Included
 Include: Weapons, Breaking, Forms, and Sparring Clinics For All
 Rock Climbing Wall - Archery - Marksmanship
 Plus many more specially planned activities
 Elite Warrior Fortress Guard optional
 Special Black Belt Test Ready training workouts
 Depart Camp Sunday at 3 PM

A month of training, clinics, and workshops in one weekend of martial arts for all ranks.

This is the perfect opportunity for you to learn in a weekend of fun and focus. Come join us at the 38th Annual Martial Arts Camp in the beautiful mountains of Julian. Camp is open to all from the age of 8 and up, (age 7 with approval). Saturday/One Day ages 7 and up. Items to bring list available online and at the front desk.

38th CAMP - REGISTER NOW TO RESERVE YOUR SPOT

LIMITED TRANSPORTATION SPACE AVAILABLE
(You may elect to drive, drop off and pickup)

- 3 days/2 nights include: All workouts, lodging and meals. **\$295**
(Additional family members Save \$35 each)
- 1 days includes: All workouts and lunch. **\$135**



Uniform Patch

ELITE WARRIOR
WORKOUT
WITH APPROVAL

Camp Location: YMCA CAMP MARSTON 4761 Pine Hills Road Julian, CA 92036



A special thank you to our first Silver Sponsor
Gordon Glazer



Become a Sponsor at:
www.manna.us/3daycamp/



2024 38th CAMP REGISTRATION

Student's Name: _____

Studio: _____ Member's Phone: _____

Parent's Name (if student under 18): _____

Shirt size by availability: Child (S) (M) (L) Adult (S) (M) (L) (XL) (2X)

I am interested in participating in the **ELITE WARRIOR 'Fortress Guard'** workouts

Friday, Oct. 4th to Sunday, Oct. 6
or Saturday Oct. 5th only

IN JULIAN, CA

Register online at:
www.manna.us/3daycamp/

CAMP PARTICIPATION FEE

Each Additional
Family Members
\$265

TEMAS Member (TEMAS) \$295

3 Days - 2 Nights, min. age 8 (7 with approval) lodging and meals included

I would like Manna's transportation from and back to Manna's

Saturday ONLY October 5th \$135

Minimum age 7. Start 9 AM - completion 4 PM
Saturday Lunch Included! Transportation not included.

or at:

Manna's Martial Arts
12285B World Trade Drive
San Diego, CA 92128
(858) 487-6470
office@manna.us