



VIRTUAL KARATE CAMP

FRIDAY - SATURDAY - SUNDAY

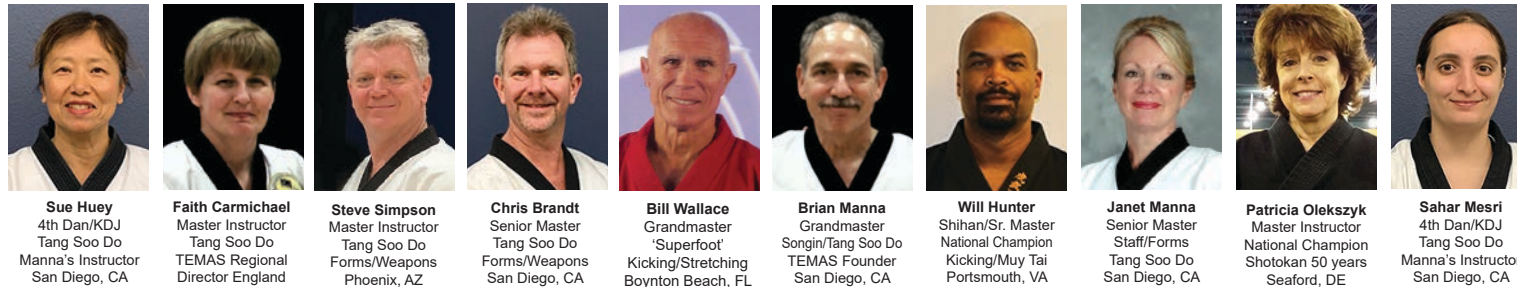
Select your workouts and clinics with Guest Instructors and Masters. Manna's 34th Annual Karate Camp September 11, 12 & 13, 2020



MANNA'S 34th ANNUAL CAMP

Manna's Martial Arts presents the 34th Annual 3 Day Karate Camp In cooperation with The Educational Martial Arts System

Workouts and Clinic Instructors



What an amazing opportunity to train and learn from a world of great teachers.

Select your workouts and clinics or go to them all (age or rank specific).

Study with Guest Instructors and Masters from our homes to yours.

Camp shirt and any participation certificates provided for attendees.

Register online at www.manna.us/3daycamp

\$145

Additional Family Attendees: \$100

FRIDAY, SEPTEMBER 11

Welcome) OPEN AND START OF 34TH ANNUAL 3 DAY KARATE CAMP

09/11/2020 5:30pm to 5:50pm

Brian Manna/Grandmaster and Manna's Founder

A) GROUP WORKOUT

09/11/2020 6pm to 7:30 at Manna's Martial Arts San Diego, CA - Outside behind building

Team building all welcome in person or on Zoom

SATURDAY, SEPTEMBER 12

B) SATURDAY MORNING LOCAL HIKE

09/12/2020 7am to 8am local nature hike San Diego, CA

Lead by Master Brandt/Outdoors man and Master Fisherman

C) WILL HUNTER/SHIHAN – CHIEF INSTRUCTOR OF TIGER ACADEMY

09/12/2020 9am to 10:30am – To you from Portsmouth, Virginia USA

Integrated kicking, punching, blocking techniques, used in a sport capacity or as a means of practical self defense

D) SAFETY/PERSONAL PROTECTION

09/12/2020 11am to Noon – Master Brandt and other Instructors

Awareness, safety, and family – will be divided into rooms

E) KNIFE DEFENSE

09/12/2020 11am to Noon – Minimum age of 12 years old

Directed by Grandmaster Manna and other Instructors



LUNCH BREAK - Noon to 1pm

F) BILL WALLACE – SUPER FOOT – FORMER WORLD CHAMPION

09/12/2020 1pm to 3:30pm – To you from Boynton Beach, Florida USA

Dynamic Art of Kicking and Sparring Techniques

G) SELF DEFENSE TECHNIQUES – EMPTY HAND

09/12/2020 3pm to 4:30pm - Master J. Manna and other Instructors

Hard Style, Soft Style and Passing Techniques– will be divided into rooms

H) GUN DISARM

09/12/2020 3pm to 4:30pm – Grandmaster Manna and Master Brandt

Handgun disarm from several positions and long gun disarm



DINNER BREAK - 4:30pm to 6pm

I) COMBAT STAFF 1 TO 10

09/12/2020 6pm to 7pm

Stick verses stick in simulated combat – will be divided into rooms

J) LONGEVITY IN THE MARTIAL ARTS – Master Janet Manna

09/12/2020 6pm to 7pm

Nutrition, supplements, and physical health training

K) CHAT WITH THE MASTERS AND GRANDMASTER

09/12/2020 7:30pm to 9pm

Fireside chat with the seniors and quests. Stories from the past and present.

SUNDAY, SEPTEMBER 13

L) STAFF BASICS AND STAFF FORMS

09/13/2020 8:30am to 10am – LEAD BY 2nd DAN INSTRUCTORS

Will include introduction and Staff forms of all ranks – will be divided into rooms

M) SENIOR EMPTY HAND FORMS – 3RD DAN AND ABOVE

09/13/2020 8:30am to 10am – Instructed by Senior Ko Dan Ja

All ages from 3rd degree Black Belt through 5th degree Black Belt– will be divided into rooms

N) PATRICIA OLEKSZYK – NATIONAL SENIOR FORMS CHAMPION – 50 YEARS IN THE ARTS

09/13/2020 10:30am to Noon – To you from Seaford, Delaware USA

SAI – A TRADITIONAL WEAPON OF JAPAN

To participate you are required to have a pair of Sai. Minimum age of 12 years old

Order online shipped to you at www.mykicks.com, search Sai, with a 25% discount (1 week delivery)

Order and pickup at Manna's, available in three sizes, (four day notice)

O) YOUTH AND CHILD SAFETY

9/13/2020 10:30am to Noon – Master Brandt – May be divided into rooms

Predator Awareness and Family Safety - Knowing what to do and how to get away



LUNCH BREAK - Noon to 1pm

P) EMPTY HAND FORMS – WHITE TO GREEN

09/13/2020 1pm to 2:30pm – Various Instructors – will be divided into rooms

All ages and ranks from Beginner through 5th gup Green Belt will work on their forms

Q) EMPTY HAND FORMS BLUE TO 2ND DAN BLACK BELT

09/13/2020 1pm to 2:30pm – Various Instructors – will be divided into rooms

All ages and ranks from 4th gup Blue Belt through 2nd Degree Black Belt - will work on their forms

END) CAMP CONCLUSION -----