



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



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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



Sue Huey
4th Dan/KDJ
Tang Soo Do
Manna's Instructor
San Diego, CA



Faith Carmichael
Master Instructor
Tang Soo Do
TEMAS Regional
Director England



Steve Simpson
Master Instructor
Tang Soo Do
Forms/Weapons
Phoenix, AZ



Chris Brandt
Senior Master
Tang Soo Do
Forms/Weapons
San Diego, CA



Bill Wallace
Grandmaster
'Superfoot'
Kicking/Stretching
Boynton Beach, FL



Brian Manna
Grandmaster
Songin/Tang Soo Do
TEMAS Founder
San Diego, CA



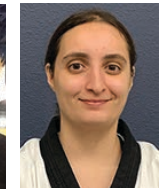
Will Hunter
Shihan/Sr. Master
National Champion
Kicking/Muy Tai
Portsmouth, VA



Janet Manna
Senior Master
Staff/Forms
Tang Soo Do
San Diego, CA



Patricia Olekszyk
Master Instructor
National Champion
Shotokan 50 years
Seaford, DE



Sahar Mesri
4th Dan/KDJ
Tang Soo Do
Manna's Instructor
San Diego, CA

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 -----

34TH ANNUAL MANNA'S KARATE CAMP

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Time	FRIDAY September 11 Home	SATURDAY September 12		SUNDAY September 13		
		Upper	Lower	Upper	Lower	
7		Morning Hike Home - Meet location TBD				
8		B 7am to 8am - Outdoor Hike with Master Brandt				
9		C 9am to 10:30am Will Hunter Kicking/Muy Tai			L 8:30am to 10am Staff Basics/forms All Ranks by E Dan	M 8:30am to 10am Senior Forms 3rd Dan & Up
10						
11		D 11am to noon Safety/Protection	E 11am to noon Knife Defense	N 10:30am to 12 Patricia Olekszyk Weapons Sai	O 10:30am to 12 Master Brandt Youth Safety	
NOON		Lunch Break Wallace highlights	Lunch Break	Lunch Break	Lunch Break	
1		F 1pm to 2:30pm Bill Wallace Dynamic Kicking		P 1pm to 2:30pm All Empty Hand Forms to 2nd Dan White to Green	Q 1pm to 2:30pm Blue to Black	
2				END OF CAMP		
3		G 3pm to 4:30pm Self Defense Empty Hand	H 3pm to 4:30pm 15 and older Gun Disarm			
4		Dinner Break	Dinner Break			
5	Camp Start					
6	A 6pm to 7:30pm Group Workout at Studio & Zoom	I 6pm to 7pm Combat Staff 1- 10	J 6pm to 7pm Longevity			
7						
8		K Chat with Masters Adult Only No Uniform				
9						

Come to all the events or only the ones you want, see you there. www.manna.us/3daycamp
Zoom Room ID and Passwords will be supplied for each event and location.

Participation Rules and Guidelines

- Registered participants name must be on screen.
- Uniforms required if you will be on camera.
- Participants may take breaks as needed, note taking, water etc. Always exit respectfully.
- Questions will be taken at end of sessions or at the Instructors permission.
- Proper respect and protocol is to be maintained at all times.
- Enter all workshops and clinics with microphone off unless notified otherwise.
- Camp shirt and any participation certificates will be provided within 14 days of camp completion.
- To participate in Weapons/Sai workshop you must have a set of Sai (go to www.mykicks.com, search Sai get 25% off)
- We reserve the right to remove any participant due improper attitude or behavior.
- No refunds will be provided for any reason.
- On demand will not be available for all workouts and clinics.