

# Inspire Summer Camp Schedule 2022

Drop-off: 7:45-9:00am

Pick-up: 3:00pm

**Martial Arts Training Curriculum:** wrist defense, bear hug defense, front choke defense, Muay Thai: jab, cross, elbow, knee, basic strikes + kicks, Tumbling: breakfall, forward roll, Philippine Martial Arts: 5 strikes and blocks, sinawali flow, Jump Kicks: pop up front, flying side.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Drop Off:</b> 7:45-9:00am	Dojo A/B: Check In, Flex Time, Creative building activities, Coloring, Games				
9:00-9:20am	Dojo B+C: Orientation/Rules/Theme of the day Divide into two groups based on age: Tigers/Dragons				
9:20-10:00am 2 Groups rotate after 20 min. 3 Groups rotate after 13 min.	3 groups only Dojo A: Martial Art Warmups Dojo B: Relay races Dojo C: Arts/Crafts	3 groups only Dojo A: Martial Art Warmups Dojo B: Martial Arts Training Dojo C: Creative building Activities	3 groups only Dojo A: Martial Art Warmups Dojo B: Karate ball/Bowling Dojo C: Arts/Crafts	3 groups only Dojo A: Martial Art Warmups Dojo B: Movie Star Drill/Focus Game Dojo C: Creative Building Activities	3 groups only Dojo A: Martial Art Warmups Dojo B: Martial Arts Training Dojo C: Arts/Crafts
10:00-11:00am 2 Groups rotate after 30 min. 3 Groups rotate after 20 min.	3 groups only Dojo A: Martial Art Games Dojo B: Parachute Games Dojo C: Snack	3 groups only Dojo A: Martial Art Games Dojo B: Limbo/Jumping challenge Dojo C: Snack	Field Trip to Regal Cinema located at 420 G st right behind Inspire Martial Arts. Movie tickets and popcorn are provided by the Camp! 10:30-12pm Week 1 movie: Abominable Week 2 + TBD	3 groups only Dojo A: Martial Art Games Dojo B: Martial Arts Training Dojo C: Snack	3 groups only Dojo A: Martial Art Games Dojo B: Karate Bowling/Blindfold Bowling Dojo C: Snack
11:00-12:00pm 2 Groups rotate after 30 min. 3 Groups rotate after 20 min.	3 groups only Dojo A: Ninja Games Dojo B: Martial Arts Training Dojo C: Paper Airplane Workshop	3 groups only Dojo A: Samurai Games Dojo B: Martial Arts Training Dojo C: Board Games, Uno		3 groups only Dojo A: Ninja Games Dojo B: Crabwalk Soccer/Karate Base Dojo C: Creative Building Activities	3 groups only Dojo A: Samurai Games Dojo B: Martial Arts Training Dojo C: Creative Building Activities
12:00-1:00pm 2 Groups rotate after 30 min. 3 Groups rotate after 20 min.	3 groups only Dojo A: Back Tag/Flag Tag Dojo B: Karate Bowling/Koala Dojo C: Lunch	3 groups only Dojo A: Obstacle Course Dojo B: Obstacle course Races Dojo C: Lunch	3 groups only Dojo A: Back Tag/Flag Tag Dojo B: Martial Arts Training Dojo C: Lunch	3 groups only Dojo A: Obstacle Course Dojo B: Martial Arts Training Dojo C: Lunch	3 groups only Dojo A: Back Tag/Flag Tag Dojo A: karate ball/ baseball Dojo C: Lunch
1:00-2:00pm 2 Groups rotate after 30 min. 3 Groups rotate after 20 min.	3 groups only Dojo A: Martial Art Games Dojo B: Nerf Target Practice Dojo C: Creative Building Activities	3 groups only Dojo A: Martial Art Games Dojo B: Karate ball/Pinball Dojo C: Arts/Crafts	3 groups only Dojo A: Martial Art Games Dojo B: Nerf Battle Dojo C: Rock Painting	3 groups only Dojo A: Martial Art Games Dojo B: Karate Ball/Pinball Dojo C: Board Games	3 groups only Dojo A: Martial Art Games Dojo B: Parachute Games Dojo C: Mario Kart Competition.
2:00-2:50pm 2 Groups rotate after 25 min. 3 Groups rotate after 16 min.	3 groups only Dojo A: Karate ball Dojo B: Martial Arts Training Dojo C: Snack	3 groups only Dojo A: Karate Bowling Dojo B: Martial Arts: Board Breaking Practice Dojo C: Snack, Decorate Boards	3 groups only Dojo A: Karate Ball Dojo B: Martial Arts Training Dojo C: Snack	3 groups only Dojo A: Karate Bowling Dojo B: Martial Arts – Board Breaking Practice = Feet Dojo C: Snack/ Decorate Boards	3 groups only Dojo A: Karate Ball Dojo B: Obstacle Course Races Dojo C: Snack
2:50-3:00pm	Dojo A, B and C: Finale: Martial Arts techniques MWF/Tuesday and Thursday Board Breaking!				
3:00pm	Pick Up in Dojo A, B, C				
<b>Bring Daily</b> - Bag Lunch (we provide snacks 2 times a day and pizza on Friday) - Water bottle - Mask	<b>Bring Monday</b> - Bag lunch - Water bottle - Mask are optional	<b>Bring Tuesday</b> - Bag lunch - Water bottle - Mask are optional	<b>Bring Wednesday</b> - Optional: Bring money for drink or snack at movie theater (we provide entrance + popcorn!) - Bag lunch - Water bottle - Mask are optional	<b>Bring Thursday</b> - Bag lunch - Water bottle - Mask are optional	<b>Bring Friday</b> - We provide lunch = Pizza! - Water bottle - Mask are optional