

# Inspire Summer Camp Schedule 2024

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

Pick-up: 3:00pm

**Martial Arts Training Curriculum:** Weeks 1,4,7: Self-Defense Form, Weeks: 2,5,8: Strikes + Flag Tag sparring, Weeks: 3,6,9: Advanced Kicks

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Drop Off:</b> 7:45-9:15am	Dojo C: Check In, Flex Time, Creative building activities, Coloring, Games				
9:15-9:30am	Dojo B: Orientation/Rules/Theme of the day Divide into two or three groups based on age and get color coded wristbands: Tigers/Dragons/Ninjas				
9:30-10:00am 2 Groups rotate after 15 min. 3 Groups rotate after 10 min.	3 groups only Dojo A: Martial Art Warmups Dojo B: Relay races Dojo C: Arts/Crafts/Riddles	3 groups only Dojo A: Martial Art Warmups Dojo B: Pop up front kicks Dojo C: Creative building Activities/what am I	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/build challenge	3 groups only Dojo A: Martial Art Warmups Dojo B: Relay Races Dojo C: Arts/Crafts/Riddles
10:00-11:00am 2 Groups rotate after 30 min. 3 Groups rotate after 20 min.	3 groups only Dojo A: Balloon Drills Dojo B: Parachute Games Dojo C: Snack	3 groups only Dojo A: Martial Art Games Dojo B: Martial Arts Training Dojo C: Snack	3 groups only Dojo A: Relay Races Dojo B: Karate Bowling/Blindfold Bowling Dojo C: Snack	3 groups only Dojo A: Balloon Drills Dojo B: Martial Arts Training Dojo C: Snack	Movie: We project it on the wall in Dojo C. Snack: we provide Popcorn See camp Director for which movie we will be playing.
11:00-12:00pm 2 Groups rotate after 30 min. 3 Groups rotate after 20 min.	3 groups only Dojo A: Obstacle course Dojo B: Martial Arts Training Dojo C: Paper Airplane Workshop	3 groups only Dojo A: Samurai Games Dojo B: Limbo/Jump challenge Dojo C: Board Games, Uno	3 groups only Dojo A: Obstacle course Dojo B: Martial Arts Training Dojo C: Creative Building Activities	3 groups only Dojo A: Ninja Games Dojo B: Crabwalk Soccer/Karate Base Dojo C: Board/Card Games	
12:00-1:00pm 2 Groups rotate after 30 min. 3 Groups rotate after 20 min.	3 groups only Dojo A: Karate Ball Dojo B: Karate Bowling/Koala Dojo C: Lunch	3 groups only Dojo A: Obstacle Course relay races Dojo B: Flying side kicks Dojo C: Lunch	3 groups only Dojo A: Balance Drills Dojo B: Karate Baseball Dojo C: Lunch	3 groups only Dojo A: Obstacle Course relay races Dojo B: 4 corners/ heads up 7 up Dojo C: Lunch	3 groups only Dojo A: Classic Karate Games Dojo B: Karate ball Dojo C: Lunch
1:00-2:00pm 2 Groups rotate after 30 min. 3 Groups rotate after 20 min.	3 groups only Dojo A: Karate Baseball 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: Coloring Challenge	3 groups only Dojo A: Martial Art Games Dojo B: Nerf Battle Dojo C: Rock Painting	3 groups only Dojo A: Karate ball/Pinball Dojo B: Parachute Games Dojo C: Coloring Challenge	3 groups only Dojo A: Martial Art Games Dojo B: Martial Arts Training 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 = Hands 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: Classic Games Dojo B: Flying side kick Dojo C: Snack/Mario Kart
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 are optional	<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> - 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