



MOUNT MANSFIELD MARTIAL ARTS

Summer 2023

REGISTRATION BEGINS NOW!

To Register:

Please download registration form (or see Master Graner).

Send completed registration form and \$50 nonrefundable deposit or full payment to:

Mount Mansfield Martial Arts

126 Godfrey Lane

Morristown, VT 05661

Credit cards can be processed at www.MountMansfieldMartialArts.com

Or hand deliver to Master Graner in class. All spaces are on a first come first serve basis.

Last year all camps were filled within the first week of registration.

Final Payment Due: May 1st

TEAM CAMP:

June 13th-16th, 4pm-6pm, \$140 (\$150 Online)

Located at Flow Academy - Stowe

This camp is for those looking to take their Martial Arts skills to a new level. The focus will be on preparation for the 2023 MMMA Team Tryouts and/or getting skills tournament level sharp. We will work on jump kicks, forms/weapons and sparring. You must be pre-approved to participate in this camp. Please contact Master Graner first before registering.

2023 MMMA Team Tryout included with camp (\$60 value).

KARATE KIDS CAMP 1:

June 19th-23rd, 9:00am-12:00pm, \$190 (\$200 Online) Ages 6-12

Located at Cambridge Community Center

Join us for a fun-filled camp that will consist of fun games, martial arts class, belt material, and exploration of Martial Arts culture. Learn cool new moves and most of all have fun. Two groups will be created based upon age of the participants. This camp is truly a great way to kick off the summer.

Those who wish to make it a full day experience, combine Karate Kids Camp with Broadsword Camp (if eligible)

BROADSWORD CAMP:

June 19th-23rd, 12:30pm-3:30pm, \$210 (\$220 Online)

Located at Cambridge Community Center

Learn how to use this martial arts weapon during this fun-filled summer camp. All campers will train and gain proficiency with a practice broadsword. These have a flexible tip for safety. For those who do not have a broadsword already - an order will be placed in May. Training broadswords typically are about \$60.

Must meet one requirement (Solid Belt + or age 9+)

KARATE KIDS CAMP 2:

June 26th - June 30th, 9:00am-12:00pm, \$190 (\$200 Online) Ages 6-12

Located at Crossett Brook Middle School - Waterbury

Join us for a fun-filled camp that will consist of fun games, martial arts class, belt material, and exploration of Martial Arts culture. Learn cool new moves and most of all have fun. Two groups will be created based upon age of the participants. This camp is truly a great way to kick off the summer.

Those who wish to make it a full day experience, combine Karate Kids Camp with Bo Staff Camp (if eligible)

BO STAFF CAMP:

June 26th- June 30th, 12:30pm-3:30pm, \$210 (\$220 Online)

Located at Crossett Brook Middle School - Waterbury

This camp will be broken into two groups. Those new to learning bo staff will learn the basic form and manipulations. Those that already have experience with bo staff will move on to learning the advanced form, flows and tricks. No bo staff will be provided. Please order your own bo staff in advance. I will email details and suggestions as we get closer to camp.

Three different forms will be worked on depending on level

- Okinawan (Japanese) Staff

- Shaolin (Chinese) Staff

- Competition (Modern) Staff

Must meet one requirement (Solid Belt + or age 9+)

KAMA CAMP:

August 7th- August 11th, 12:30pm-3:30pm, \$210 (\$220 Online)

Located at Flow Academy - Stowe

Learn how to use this hooked two handed martial arts weapon. We will learn manipulations, tricks and the kama form. We will be using unsharpened aluminum practice kamas. An order will be placed in May for those who need to purchase a pair. Kamas typically are around \$50.

Must meet one requirement (Solid Belt + or age 9+)

ADULT SHAOLIN TRAINING CAMP:

August 7th- August 11th, 6pm-8pm, \$150 (\$160 Online)

Located at Flow Academy - Stowe

Master Graner spent many years practicing the Shaolin Kung Fu arts including training and competing in China. For the first time in over a decade we will be bringing back our Kung Fu only training. We will be working on traditional Shaolin body conditioning, striking, stance work, concepts and philosophy. By the end of the week all students will have learned our basic 12 movement long fist form (Chángquán). We will also add in some basic Qi Gong and meditation work. **Ages 14+**

SUMMER CLASSES:

Classes Begin May 15th - June 29th

At Flow Academy - Stowe

One class per week for the session - \$145

Unlimited classes per week for the session - \$230

MONDAYS

Karate Kids at 5-5:45pm

Jr. Adult Martial Arts at 6-6:45pm

Advanced Extension at 6:45-7:15pm

Adult Martial Arts at 7:15-8pm

TUESDAYS

Full Body Fitness at 6:15-7pm

WEDNESDAYS

Cardio Kickboxing at 6:30-7:15pm

Escrima Stick Class at 7:15-8pm

THURSDAYS

Karate Kids at 5-5:45pm

Jr. Adult Martial Arts at 6-6:45pm

Advanced Extension at 6:45-7:15pm

TUESDAY BROOKSIDE MINI SESSION:

The last class of session 4 is May 9th.

We know that some parents count on this class for after school care.

As such - we will have a **four week mini session May 16, 23, 30 and June 6.**

Classes will continue at the same scheduled times.

The extended mini session is \$75 (Cash/Check)