

Martial Art Summer Boot Camp

Instructor: Mr. Vincent, (541) 310-1864, vitosata@aol.com, <http://www.vitosataschooloftaekwondo.com>

Start date: July 14th, Wednesday

Time: 10 AM – 1 PM

Age requirement, if any: 6 Years old and above

Min. # of students: 15 Student

Location: Crossroads Carnegie Arts Center, Baker City

Cost: \$59 (\$49 for Crossroad members)

Supplies: T-shirt, shorts, sweatpants, towel, water bottle

Course Description:

Physical Fitness: Warm up and stretching. Hurdles, ladder and cone drills.

Child Abduction Prevention: Kidz N Power is a nationally acclaimed, child safety program and endorsed by Amber Alert dot com. Everyone will participate in instruction of simple breakaway self defense moves and role playing to practice what to do in not so safe situations.

Self Defense: Learn proper martial art blocks, strikes, kicks, along with simple Krav Maga self defense techniques. A special souvenir and board break for each student that can be autographed by one of the Oregon State Champion Instructors.

Instructors: **Mr. Vincent** is a 4th degree Black Belt who is the 2010 Oregon State Champion in Weapons. He has been practicing the martial arts since the 1990's, a National Judge, and Chief Certified Instructor at VITO's ATA School of Tae Kwon Do in Pendleton.

Ms. Donna: Is a 3rd Degree Black Belt, Certified Instructor, Regional Judge and the 2010 Oregon State Champion in Sparring.

Mr. Tony: A 3rd Degree Black Belt, Certified Trainer, and the 2004, 2005, 2006, 2007, 2008, 2009 Oregon State Champion in Forms, Sparring, Weapons.