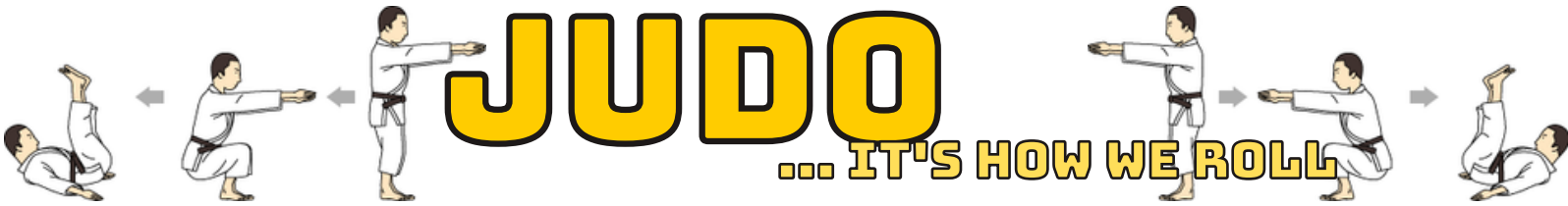




**DOES YOUR CHILD RUN, JUMP, OR PLAY OUTSIDE?
IF SO, THEY NEED TO KNOW HOW TO FALL!!**



SATURDAY, JUNE 29, 2024

HILL COUNTRY KARATE JUDO CAMP

TIME:

REGISTRATION :	CAMP RUN TIME:
JR STUDENTS (5 TO 12 YRS OLD)	JR STUDENTS (5 TO 12 YRS OLD)
1:30 PM	2:00 PM TO 4:00 PM
SR STUDENTS (13 AND UP)	SR STUDENTS (13 AND UP)
3:30 PM	4: 00 TO 6:00 PM

DRESS:



**WEAR YOUR
UNIFORMS!**

LOCATION:



RIVER CITY GYMNASTICS
103 KNEUPPER ST,
CONVERSE, TX 78109

**REGISTRATION
FEE:**

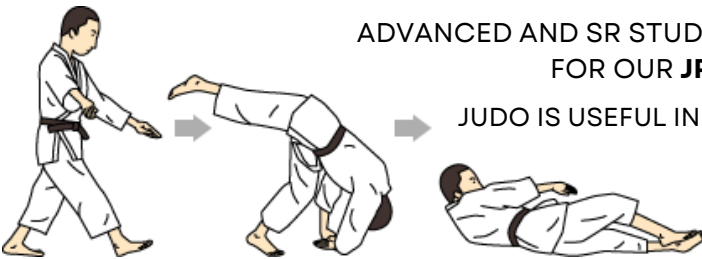
\$40
CASH ONLY @ DOOR

JUDO CONSISTS OF TWO JAPANESE CHARACTERS. JU, WHICH MEANS "GENTLE" & DO, WHICH MEANS "THE WAY." JUDO LITERALLY MEANS THE WAY OF GENTLENESS. IT CONSISTS OF THROWING TECHNIQUES AND LEARNING HOW TO FALL PROPERLY TO PREVENT INJURY. LEARNING HOW TO FALL PROPERLY COULD HELP SAVE YOU!

ADVANCED AND SR STUDENTS BEGIN TO LEARN SPARRING AND THROWING TECHNIQUES.
FOR OUR **JR** STUDENTS WE FOCUS ON THE FALLING AND ROLLING ASPECTS.

JUDO IS USEFUL IN DAILY ACTIVITIES AND OTHER SPORTS, ESPECIALLY FOR CHILDREN!

JUDO IS UTILIZED IN SELF-DEFENSE & SO MUCH FUN.
COME GIVE IT A TRY!



HCK CONTACT: ADMIN@HCKARATE.COM | 830.629.6686 | WWW.HCKARATE.COM

Student Name: _____

Emergency Phone #: _____
Someone who can be reached during event

Belt: _____ Instructor: _____

Training Location: _____

Parent/ Guardian Signature: _____

Date: _____

In case of emergency, I hereby authorize Nick Smith or HCK Staff to seek attention for my child.