HILL COUNTRY KARATE

ADULT CAMP - SELF-DEFENSE & WEAPONS TRAINING

SEPTEMBER 27 & 28, 2024

RAIN OR SHINE!

@ NEWK's TENNIS RANCH

325 Mission Valley Rd, NB TX 78132

COST $ 40- CASH ONLY

No checks - No Refunds

❖ **Practical self-defense against assault**
❖ **Hands-on training with a variety of martial arts weapons**
❖ **Learn to protect yourself and your loved ones**
❖ **Practice real life scenarios in a safe environment**

Students (except Brown Belts) who have already completed two adult camps will receive 10 class signatures for attending.

Who can come?

This camp is open to any senior HCK student at ANY belt level. Students will be grouped by experience level. Sorry no pets, no children, no family or friends may attend.

What should I bring?

ALL campers are required to furnish their own camping gear, flashlight, personal items and food/drink.
Shower facilities are available on-site.
Restaurants are located near-by for lunch/dinner breaks.
No alcohol, no drugs, no tobacco products will be permitted.

Camp Schedule

Friday, September 27, 2024

- 6-8 pm Check In – Brown Belts Only
  8:30 pm – Brown Belts Only - Survival Maneuvers

Saturday, September 28, 2024

- 8:00 am Check In – Advanced Campers
  (have been at camp before)
- ↻ **9:30 am – 11:30 am Advanced Rotation**
  -Active Shooter & MCE (Mass Casualty Event Training)
- ✗ 11:30 am – 1:00 pm Lunch Break (Advanced & Brown Belts)

- 12:30 pm – 1:00 pm Check In – First time Campers
- ↻ **1:00 pm – 4:00 pm Afternoon Rotation** – 45 minutes each
  -Knife Throwing
  -Multiple Attacks
  -Stick Fighting (Baton)
  -SSBD – Basic Knife Drills
- ✗ 4:00 pm – 5:00 pm Dinner Break (ALL)
- ↻ **5:00 pm – 8:00 pm Evening Rotations** - 45 minutes each
  -Power Strikes
  -SSBD – Machete
  -Knife Defense
  -Gun Defense & Disarm
- ☾ 9:00 pm – 11:00 pm Night Trails
  11:00 pm Brown Belt Trails & Under Belt Dismissal

**Do not forget your required equipment based on your belt level.
These items will be used during camp.