



# HILL COUNTRY KARATE



## ADULT CAMP - SELF-DEFENSE & WEAPONS TRAINING THREE DAY CAMP FOR ALL PARTICIPANTS

**APRIL 25 TO 27, 2025 RAIN OR SHINE! @ NEWK'S TENNIS RANCH**

### **LOCATION: NEWK'S TENNIS RANCH**

325 Mission Valley Rd, NB, TX 78132

### **COST: \$50 - Cash Only**

No checks - No Refunds

Includes Saturday evening meal.

### **AGE: All senior students (13 & up)**

Note- Students age 16 and under are not allowed

to stay overnight unless they have a guardian

(adult student) also participating in the camp.

Instructor approval required.

### **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.

### **GOAL:** 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.

### **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. SEE BACK SIDE FOR MORE.

### **HCK OFFICE CONTACT:**

**830.629.6686** CALL OR TEXT

ADMIN@HCKARATE.COM | HCKARATE.COM

### **CAMP SCHEDULE**

#### **FRIDAY, APRIL 25, 2025**

6-9 pm - Check In - TENT SET UP

10 pm - Basic Self-Defense Trails for COLOR BELTs

Compass & Personality for BROWN BELTs

#### **SATURDAY, APRIL 26, 2025**

8 am - Check In

9-12 pm - Morning Rotations (4 @ 45 minutes each)

12-2 pm - Lunch Break

2-5 pm - Afternoon Rotation (4 @45 minutes each)

5-9 pm - HAMBURGER COOKOUT!

(No extra fee, burger and fixings provided)

9-11 pm - Night Trails

#### **SUNDAY, APRIL 27, 2025**

8 am - Check In

9-12 pm - Morning Rotations for COLOR BELTs

(4 @ 45 minutes each)

Ropes Course for BROWN BELTs

### **RULES:** Only HCK students may attend and

participate at camp. You are expected to be on time

and to participate in all training sessions with a

good martial arts attitude. No alcohol, no drugs, no

tobacco products will be permitted. Newk's facility,

staff & guests will be respected. HCK staff, guests

and all personal belongings will be respected. All

karate camp and Newk's Tennis Ranch rules are to

be followed or you will be asked to leave.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Instructor: \_\_\_\_\_ Training Location: \_\_\_\_\_ Belt Color: \_\_\_\_\_

Emergency Contact #1: \_\_\_\_\_

Emergency Contact #2: \_\_\_\_\_