



Gracie Tampa
Presents

Summer Samurai Camp '09!

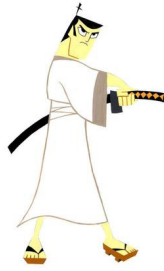
Attention Parents!

This August, Gracie Tampa will begin the program that will change your child's entire summer experience! Our week-long "Summer Samurai Camp" will drive your child's training to the next level, while maintaining the fun-filled atmosphere that keeps our kids coming back!

The Samurai were a warrior class of people who dwelled in the feudal era of Japan. They were the pinnacle of a highly trained body driven by a keenly honed and cultured mind. They lived by a code and their devotion to personal cultivation fueled their drive toward excellence in all they accomplished.

It's in this tradition that Coach Cris has designed a week-long curriculum aimed at not only the rigorous physical nature of training, and the technical intricacies of BJJ and MMA, but also the mental, gallant traits of a true Martial Artist.

Please review the enclosed information which was designed to explain the details of this wonderful program. The camp will be limited to only 25 kids, so please sign up quickly.



The Top 5 Reasons Your Child Should Be a "Summer Samurai"

1: **Physical Exercise** - Your child will be engaged in *rigorous physical activity*. Samurai were known for their physical prowess. Your kid's about to join them.

2: **Technique Acceleration** - With the curriculum designed and the time set aside to focus on your child's technique, you will notice a leap in their mat skills. GUARANTEED!

3: **Life Skill Excellence** - With time set aside every day to address issues ranging from "respecting one's parents" to "how to properly shake someone's hand", the "Samurai Session" segment of the day will cover all those things and more!

4: **Cultural Exposure** - Every day the kids will be exposed to lessons aimed at letting them know there's a whole world out there! From learning the basics of Portuguese, our arts native language, to watching a variety of programs pertaining to the different styles of martial arts from Thailand, Korea, and Japan, your children will forget they're even in Tampa!

5: **The Cool Factor!** - Who are we kidding!? Your child will get to train like a Samurai for a whole week! Insane workouts, obstacle courses, Martial Arts movies, Samurai themed games and drills, etc... Your child will LOVE being here and when you see the progress they've made YOU WILL TOO!

SIGN UP NOW!!!
"Summer Samurai"
Rates

Session One: August 3rd – 7th

Before/On July 25 - \$125

After July 25 - \$150

We even offer discounts for multiple family members!

2 Children:

Before/On July 25 - \$200

After July 25 - \$250

3 Children:

Before/On July 25 - \$300

After July 25 - \$350

Referral Program:

**Sign up a friend who does not currently train at Gracie Tampa,
and receive \$50 dollars off of your summer camp rate!!**

Kids must bring their own lunch Mon-Thurs

Pizza will be provided on Friday

Water will be provided each day

Gracie Tampa Mixed Martial Arts

Presents

Summer Samurai Camp

*A Typical Day in the life of a
Summer Samurai Camper*



8:30am – 9:00am	Arrival
9:00am – 9:45am	MMA/Striking Lesson
9:45am – 11:00am	Movie with Quiz
11:00am – 11:30am	Lunch
11:30am – 12:00pm	Samurai Session
12:00pm – 12:45pm	Grappling Lesson
12:45pm – 1:30pm	Games and Drills
1:00pm – 1:30pm	Pick Up

Afternoon martial arts scheduled classes will still be in effect!!