

SUMMER CAMPS 2019



DATES:

JUNE 10-14

| BASICS TRAINING

JUNE 24-28

| FORMS TRAINING

JULY 15-19

| WEAPONS TRAINING**

JULY 29-AUG. 2

| TOURNAMENT PREP. (OPEN TO ALL)

AUGUST 12-16

| FREESTYLE MARTIAL ARTS TRAINING

AUGUST 19-21*

| SCHOOL PREP.

44200 Waxpool Road, Suite #132

Ashburn, VA 20147

Phone: 703-723-2525

Email: mrchris@cjrmartialarts.com

of Camps Selected: _____

Cost: \$50/Day or \$225/Week | *AUG. 19-21 \$125/Week (FULL DAY CAMPS ONLY)

SIBLINGS 10% OFF

Schedule: Drop Off 7:30am-9:00am / Pick Up 4:00pm-6:00pm (Students may stay for classes)

Field Trips: Waterpark Wednesdays (weather permitting) & Field Trip Fridays (all entry fees paid by parents)

Apparel: Gi Pants, CJR T-Shirts, & Belt

**All weapons must be purchased through CJR Martial Arts. Please see Mr. Chris regarding weapons.

(Parent) Name: _____ (Student) Name: _____

Age: _____ Belt Level: _____ Allergies*: _____

P#W: _____ P#H: _____

Email: _____

*Please give all EPI Pens to Mr. Chris in a labeled container

Emergency Contacts + Phone #:

Waiver. [Parent] Student acknowledges that martial arts involves physical contact and other activities which may cause injury to [his/her child] Student while participating in martial arts, whether [the child] Student is participating in CJR or elsewhere (including other locations operating under the trade name CJR Martial Arts) including tournaments. [Parents] Students hereby assumes all risks of physical and mental injury [to his/her child] and waives any and all claims and/or causes of action against CJR Martial Arts, LLC., its officers, agents, employees, volunteers, and/or insurance carriers for any physical or mental injury of whatever nature. However, should any liability be imposed upon the aforementioned entities of persons, notwithstanding such waivers and releases, it is expressly agreed that the amount of liability shall be limited to the monetary value of the Program Purchased or \$2,000, whichever is greater. Furthermore, [Parent] Student waives any and all claims, whether in tort, contract or otherwise, against Christopher Redford or any employees of CJR in their individual capacity. Parent/Student hereby represents that [his/her child] Student is physically and mentally fit to participate in martial arts and represents that [the child] Students has had and passed a complete physical examination by a licensed physician within the past twelve (12) months from the date of Agreement. FURTHERMORE, ALL MARTIAL ARTS EQUIPMENT USED AT THE STUDIO MUST BE PURCHASED THROUGH CJR. However, CJR does not warranty the safety or adequacy of the protective equipment sold or used at CJR. [Parent] Student also represents that he/she will maintain health insurance coverage throughout the term of the program [for his/her child].

Signature (Parent or Student) Date:

Credit Card Info:

Name on Card: _____

Card #: _____

Exp: _____ CVV: _____ Zip: _____

Amount: \$ _____

REGISTRATION

CAMP DETAILS

BASICS TRAINING: Week 1

A solid foundation for anything begins with the Basics. Students will work towards mastering the Basics for all categories (Combinations/Forms/Sparring).

FORMS TRAINING: Week 2

All students will begin with the White Belt Form (Chong-Gi) and work their way up to their belt level. This is a great opportunity for higher belt levels to prepare for their 1st & 2nd Degree Exams.

WEAPONS TRAINING: Week 3

Students will have an opportunity to learn the basics of ALL the weapons or choose one weapon to master. Weapons training will prepare students for future belt exams where weapons are required, and tournaments.

TOURNAMENT PREP.: Week 4

Aug. 9 & 10 is the U.S. Capitol Classics tournament at the National Harbor in Maryland. This camp is open for all to learn how competitions work, particularly those who plan to participate in the tournament.

FREESTYLE MARTIAL ARTS: Week 5

Freestyle or “Open” Martial Arts is a modern style of Martial Arts that is very fast paced and steps outside the Traditional realm. Students will learn the basics of Freestyle and begin learning Jump Kicks, Multiple Kicks, and Twists seen in action movies.

SCHOOL PREP.: Week 6

School begins on Thursday, August 22nd. This is a 3 day camp designed to allow students to relax and have fun before heading back to school.
