

# Aurora Martial Arts

## 2009 Summer Programs

753-6614

2525 S.E. 3rd Street, Corvallis



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	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Week 4 TOPIC Modesty / Pride					1	2
3	Week 5 TOPIC Effort	4	5	6	7	8	<b>Extravaganza</b> Friday May, 8th from 6:00 - 7:30pm No regular classes Friday or Saturday!
10	Week 6 TOPIC Respect	11	12	13	14	15	<b>Belt Testing Weekend</b> Junior Test - 5:00p Friday Night Adult Test - 6:30p Friday Night No Regular Classes Friday or Saturday- Except Little Dragons
17	Week 1 TOPIC Act As If!	18	19	20	21	22	23
		<b>Red Tip Testing</b> May 11th & 12th - During Regular Classes		<b>Black Tip Testing</b> May 13th & 14th - During Regular Classes			<b>School Closed</b> No Regular Classes
24	Week 2 TOPIC Commitment	25	26	27	28	29	30
		<b>School Closed</b> Happy Memorial Day!				<b>Leadership Day</b>	

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	Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	Week 3 TOPIC Balance	1	2	3	4	5	6
7	Week 4 TOPIC Enthusiasm	8	9	10	11	12	13
14	Week 5 TOPIC Integrity	15	16	17	18	19	20
						<b>Kenpo Boot Camp</b> No Regular Classes Friday or Saturday- Except Little Dragons	
21	Week 6 TOPIC Focus	22	23	24	25	26	<b>Belt Testing Weekend</b> Junior Test - 5:00p Friday Night Adult Test - 6:30p Friday Night No Regular Classes Friday or Saturday- Except Little Dragons
		<b>Red Tip Testing</b> June 22nd & 23rd - During Regular Classes		<b>Black Tip Testing</b> June 24th & 25th - During Regular Classes			
28	Week 1 TOPIC Perseverance	29	30			<b>Ultimate Frisbee</b> June 27th at 10:30am	<b>Chevron Test</b> June 27th at 9:00am

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**Black Belt Testing:** What a weekend! On April 17<sup>th</sup>, 9th Degree Black Belt Mr. John Sepulveda sat in on the brown and black belt test. All of the students came to the test well prepared, they worked hard and demonstrated their skill in American Kenpo! Mr. Sepulveda shared his knowledge and experience with the black belt candidates and the decision was made to promote Joe Evans and Amanda Kaltenberg to 1st Degree Black Belt and Devin Ross, Nickolas Ross, Jalen Rothermund and Christian Armatas to Junior Black Belt. The brown belts also showed great spirit and skill. Please take the time to congratulate them on their super achievement. They did a great job and are truly Leading By Example!

**Martial Arts Extravaganza:** It here! The 4th Martial Arts Extravaganza presented by Aurora Martial Arts and our students. The event will be held Friday, May 8<sup>th</sup> at Linn Benton Community College Activity Center (Gym). The Extravaganza will start at 6:00 and should be over around 7:30pm. The last Extravaganza was a tremendous success and we would like to build on that event so please invite your family and friends to this exciting display of American Kenpo. The students have been working hard so they will look sharp for all of our guests! In the past we have donated the proceeds to local organizations and purchased The Blue Max Suit which is used for Self Defense clinics that are provided to the community as well as student training. This year the proceeds will be used to start a camp scholarship fund to help offset the cost of camps and seminars for students that need help. Be sure to bring your friends and family, tickets are available at the front desk or at the door, the cost is \$5.

**Leadership Days:** Will be on May 29<sup>th</sup>. Bring in a friend to train with you and you will get a chance to work on your leadership skills. You and your friend will attend the appropriate class for your belt rank. An instructor will help you work with your friend on some basics. Class will conclude with some bag work and drills. When you participate in Leadership Day, you earn a Red Star and your friend will be able to take advantage of a summer special.

**Kenpo Boot Camp:** Let's start summer vacation off with a **kick!** On June 19<sup>th</sup> & 20<sup>th</sup> we will have a "Kick Off The Summer" Camp. Kenpo Boot Camp will be an overnight camp with themed classes and clinics. The camp will include a calisthenics based fitness workout, dynamic kicking, weapons class, self-defense, sparring and other drills. This event will be for all junior colored belt students 8 years and up. Boot Camp will start with drop off between 4:30 and 5:00pm Friday night and pickup will be Noon on Saturday. The cost for this event is \$55 (AKTS members receive \$5 off) and will include meals (pizza on Friday night and breakfast on Saturday). Sign up now at the front desk!

**Ultimate Frisbee:** On Saturday, June 27<sup>th</sup>, Mr. Arlyn will organize a couple of Ultimate Frisbee games. There will be two sessions; the first will be from 10:30<sup>am</sup> - 11:30<sup>am</sup> and the second will be 11:30<sup>am</sup> - 12:30<sup>pm</sup>. The first session is for students and friends between the ages of 7 and 12. The second session will be for students and friends 13 and up. This event will be held at Avery Park in the same area that we hold the school picnic (by the dragon bones). There will be no regular classes on this day.

**Fitness:** Making the decision to be fit is more than just waking up one morning and going for a run. Fitness starts with a plan that you believe you can follow. Your fitness plan should include well balanced nutritional meals, plenty of water, physical exercise, mental exercise and appropriate rest. Put a basic plan together and then take action. Do not tell yourself that you will start a class or activity "when I get in better shape". Start the activity at an appropriate intensity level and then add time and increase intensity as your fitness improves. If you are not sure what the best first step is talk to a personal trainer or a friend who is involved in the activity that you are interested in. It is also a good idea to talk to your doctor about your health and fitness concerns. Remember, tomorrow never arrives. You must take action today!

**Board Breaking Clinic:** The board breaking clinic will be held in September again this year. In the past many students have been unable to make the clinic due to summer activities so we are waiting until the new school year starts. Look for additional information at the front desk.

*All of the events that are planned for this summer require students to sign up at the front desk.  
All sign up sheets will be available at least one month in advance.  
Please see Mr. Donadio for any questions or concerns.*

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	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1 TOPIC Perseverance			1	2	3	4 School Closed Happy Independence Day!	
2 Week 2 TOPIC Goal Setting	6	7	8	9	10	11 Parade / Picnic No Regular Classes	
12 Week 3 TOPIC Flexibility	13 Karate Camp - Purple Belts and Above <i>Monday through Friday - 9am until 3pm</i>						
19 Week 4 TOPIC Black Belt Excellence	20	21	22	23	24	25	Dodge Ball Tournament After the Conditioning Class, No Open Practice
26 Week 5 TOPIC Self-Control	27 Karate Camp - Beginners Through Orange Belt <i>Monday through Thursday - 9am until 3pm (half days available)</i>						

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	Sun	Mon	Tue	Wed	Thu	Fri	Sat		
2 Week 6 TOPIC Self-Control	3	4 Red Tip Testing <i>August 3rd &amp; 4th - During Regular Classes</i>		5	6 Black Tip Testing <i>August 5th &amp; 6th - During Regular Classes</i>		7	Belt Testing Weekend Junior Test - 5:00p Friday Night Adult Test - 6:30p Friday Night No Regular Classes Friday or Saturday - Except Little Dragons	
9 Week 1 TOPIC Team Work	10	11	12	13	14	15 Teen Boot Camp No Regular Classes Saturday			
16 Week 2 TOPIC By Example	17	18	19	20	21 AKTS - John Sepulveda Spirit Camp Located in Donnelly, Idaho No Regular Classes				
23 Week 3 TOPIC Awareness	24	25	26	27	28 Blue Max Self Defense Day		29		
30 Week 4 TOPIC Positive Attitude	31								

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**Frolic & Rodeo Parade:** We will be participating in the Philomath Frolic and Rodeo Kids Parade. This is our 13<sup>th</sup> year and we always have great participation. The parade is on Saturday, July 11<sup>th</sup>. Judging starts at 9:30am so we should meet around 9:20am, 100 yards north of the Dairy Queen in Philomath. Pick up will be on the lawn in front of the College Methodist Church at the end of the parade route (Philomath Blvd. & 12th St). Please pick your children up promptly as students will not be released until a parent arrives. You will need your uniform, belt and a pair of shoes that you can walk and kick in! This is a "Blue Star" Event. Sign up at the front desk.

**School Picnic:** Immediately after the Parade, we will be hosting the 14<sup>th</sup> **Annual Aurora Martial Arts Picnic!** The Picnic will be held at Avery Park by the "dragon bones". This year we are going to try the cook-off again. (last year we had lots of great dishes, however the judging was not organized well.) I am sure we can do better this year. The categories will be: chili, salads and desserts. The favorite in each category will be listed on a wall plaque at the Karate School, so bring in your famous dish to share. Sign up at the front desk for the type of dish you will be bringing. The hotdogs and drinks will be provided. Join the Donadios and the rest of the Aurora Staff for an afternoon of good food and great fun (volleyball and other games - bring your squirt gun!) The picnic is open to all students, family and friends. The picnic will start at 11:30am (after the Parade), and end around 3:30pm.

**Outdoor Clinic:** On Friday, July 24<sup>th</sup>, we will hold classes outside at Avery Park. The clinic will start at 4:40pm for juniors and 5:30pm for adults. The clinics include a workout, use of your environment and how the environment affects your technique. Please wear clothing and shoes that you wear on a daily basis. (no uniforms) Little Dragons will be held at the school.

**Dodge Ball Tournament:** On Saturday, July 25<sup>th</sup> we will hold the Aurora Dodge Ball Tournament. In this "For Fun Event" we will create teams based on age when appropriate. Each team will have the opportunity to play multiple games. It should be lots of fun! More details and information will follow. Please sign up at the front desk.

**Karate Day Camp:** The main focus of this camp is to develop a higher level of skill in the martial arts and includes games and other activities. We will also talk about the history of the Martial Arts and American Kenpo, as well as the importance of focus, self discipline and respect. At the end of the camp participants should be ready for tip testing. The Beginners camp will run from 9:00am until 3:00pm, Monday through Thursday with a half day camp offered for 5 & 6 year olds from 9:00am until 11:30am. The Intermediate/Advanced Camp will run from 9:00am until 3:00pm, Monday through Friday. The cost of the Beginners Camp is \$120.00 for full-day and \$70 for half-day. The Intermediate/Advanced Camp is \$155. AKTS Members will receive a \$10 discount (\$5 for half day). Camps will be limited to 15 students. See Mr. Donadio with questions or to ask about family discounts.

**Beginners** (New students through Orange Belts)

July 27<sup>th</sup> through July 30<sup>th</sup> (Monday Thru Thursday)

**Intermediate / Advanced Belts** (Purple Belts and Up)

July 13<sup>th</sup> through July 17<sup>th</sup>

**Teen Boot Camp:** On August 15<sup>th</sup> we will have a "End Of Summer Slash" Camp. The Teen Boot Camp will be a single day event that will include a calisthenics based fitness workout, padded weapons training (sword), dynamic kicking and drills. This event will be for all Teens 13 to 16 years of age. The Camp will start with drop off at 8:00am and end at 12:30pm. The cost for this event is \$40 (AKTS members receive \$5 off). Sign up now at the front desk!

**Blue Max Days!** On August 28<sup>th</sup>, we will utilize the Blue Max Suit in every class. Students will have the opportunity to apply their technique and see the effect that their skills will have when applied correctly. No sign-up is necessary. See you there!

**AKTS Spirit Camp:** This is the 15<sup>th</sup> anniversary of the John Sepulveda Spirit Camp in Donnelly, Idaho. This is a three day event with instructors from all over the country. There will be classes, workouts and time to meet Kenpoists from around the nation and maybe the world! Applications will need to be in by the end of June. The cost of the camp includes food, lodging, training and fun. This is a great camp! Ask around or talk to an instructor for additional information. I hope to see you there.

*All of the events that are planned for this summer require students to sign up at the front desk. All sign-up sheets will be available at least one month in advance. Please see Mr. Donadio for any questions or concerns.*