

# KUNG FU SUMMER CAMP



**Seven Star Gym**  
**5213 Raeford Rd Suite 104**  
**Fayetteville NC 28304**

**9am-Noon or 9am-3:30 Extended**  
**Day till 5:00pm available**



Kids will have a great time and learn Kung Fu techniques and traditions. Our programs emphasize core values of:

- Honor
- Respect
- Discipline

In addition kids will learn about:

- Physical fitness
- Self defense - bully proof
- Chinese Culture - music 🎵 and Lion Dance

**JUNE**  
**12-16**

[sevenstargym7@gmail.com](mailto:sevenstargym7@gmail.com)  
Today at the gym or online.

(919) 923-8205 Register  
[sevenstargym.org](http://sevenstargym.org)

**Kids Kung Fu Summer Camp** will allow **kids ages 4 and up** a chance to develop **Kung Fu, Self-Defense and Anti-Bully™** skills that will be valuable for a lifetime.  
(\*space is limited so sign up today)

**9:00am** **Centered Contemplation Practice** will be our start and end point each day. This will help to develop your child's ***ability to concentrate and focus on daily tasks***. Sometimes taking a moment to slow down is all that it takes to drastically improve performance in any area. All parents will be given a guide as to how we do this practice so they can ask their child to continue using this method at home.

**First Kung Fu practice of the day.** ***Calisthenics to develop strength, flexibility, coordination, dexterity, and overall bodily awareness*** are at the root. **Tumbling exercises** will also be key in our summer camp. Current and brand new students will interact to help each other **develop striking, throwing, and grappling skills**.

**10:00am** **Competition Time.** **Team Play and Team Building Exercises** will be the focus. ***We will have a winning and a losing team.*** We strongly believe that understanding and growing through both victory and defeat is key to developing a strong person. Participants in the summer camp will be grouped differently each day having multiple opportunities to win. We will talk to both teams about understanding a win and a loss, how to benefit from both, and how to evolve past that moment to greater competence and confidence.

**10:30am** **Snack Break and Relaxation Time.** Each camper will need to bring a snack as well as water and a change of cloths. Please don't give your child high sugar snacks or snacks with lots of food coloring. This will lead to a big sugar crash and diminish your child's experience at camp. We suggest fresh fruits and/or vegetables. Any children who are still napping should also bring a pillow and blanket so they can take their nap.

**11:00am** **Second Kung Fu Practice of the day.** Review of our first class of the day and then building class by class on the previous days information. This will not only provide symmetry and a better learning environment but a greater feeling of accomplishment with each day that passes. Be **The Anti-Bully™!** We will also give students **Anti-Bully™** strategies. Students will understand where their

assertiveness can diffuse situations faster than violence. Kids will also receive training in Offensive and Defensive Chin Na (seizing and joint locking) techniques, Toy Sau (push hands/clinch work) to better understand simple leverage positions and their own balance, and Shuai Jiao (throwing) to allow them to control a situation and get away clean. Our camp will prepare your child to defend himself against bullies. Your child will gain these Anti-Bully™ capabilities along with training to prevent them from turning into one! If you would like your child to gain unshakable confidence, while reinforcing positive values and good character, this camp is for your kid!

**12:00pm     Half Day Pickup Time**

**Lunch Time.** Each child should come with a packed lunch each day. We have a refrigerator on site so keeping things at safe temperatures is not an issue. We will have **Pizza 🍕 Party Friday June 20th** that will be provided by the school. If your child has any food allergies please send a note with him so we know.

**After Lunch Digestion and Cantonese Chinese and Culture Lessons.** Students will learn basic Cantonese Chinese. Counting, basic terms for kung fu practice and Lion Dance will be studied.

**1:00pm     Child Pick Up** This is our first pick up time. If your child is participating in the after camp program, he will be staying till 4:00pm.

**1:00-3:30pm     After Camp Care** Parents who choose to have their children attend after camp care will pick up their children at 3:30 pm. If your child is used to having a snack during this time, please remember to pack another snack.

*\*The previous information is a rough outline to give parents an idea of the types of things your child will look forward to each day. As with all classes things are based upon the class. We may go deeper into some areas than others and we work diligently to develop each child's abilities.*

# REGISTRATION FORM

## **Return this portion with payment**

The enrollee is aware in making this agreement to participate in training in the martial arts that certain elements of this training are physically demanding and potentially dangerous, and with this knowledge agrees to indemnify and hold harmless from all losses caused by accident or injury the Instructor, his assistants, or any third parties who may be enrollees of the same camp or who are students with the Instructor, in the event that the enrollee or the said third party is injured in any way during the proper performance and execution of techniques or instruction provided in this training.

This release shall also include any landlord or leaseholder of any training facility in which training is conducted. I also agree that the terms hereof shall serve as a release and assumption of risk for my heirs, executors and administrators, and for all members of my family, including any minors.

The enrollee attests that he/she is in good physical condition and has no known or suspected medical conditions that would preclude vigorous physical activity.

*It is recommended that participants have a checkup by a physician before beginning any new physical regimen.*

It is further agreed that the enrollee's name, photograph or other representation for the purposes of promotion or publicity for this martial art program or the instructor may be used.

As part of the consideration for participation, the enrollee acknowledges and assumes all these risks and wishes to enroll in this course of instruction.

Child's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_ M/F \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Code: \_\_\_\_\_

Phone: \_\_\_\_\_

\*Email \_\_\_\_\_

\*Name of Medical Insurer and policy # \_\_\_\_\_

\*Name and phone of Primary Care Doctor \_\_\_\_\_

\*Name and contact info of 3 emergency contacts:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

\*Signature: of Parent or Legal Guardian \_\_\_\_\_

\*Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

| <b>Check all appropriate boxes and write total in last box<br/>All payments due by June 1st</b> |                          |                 |
|---|--------------------------|-----------------|
| <b>Half Day 9:00am - 12:00pm</b>  | <input type="checkbox"/> | <b>\$150.00</b> |
| <b>Full Day Camp 9:00am - 3:30pm</b>  | <input type="checkbox"/> | <b>\$250.00</b> |
| <b>Extended Day Full Day stay till 5:00pm</b>   | <input type="checkbox"/> | <b>\$50.00</b>  |
| <b>Total Payment</b>  |                          |                 |

Does your child have any food allergies? Y/N \_\_\_\_\_

If yes, please list and describe below:

Does your child have any known physical limitations? Y/N \_\_\_\_\_

If yes, please list and describe below:

Does your child need daily medication at intervals during camp hours?

Y/N\_\_\_\_\_. If yes please describe below.

List any medications your child is currently taking.

**Please fill out pages 4 & 5 of this form and return with your payment in full.**

**Make checks payable to Chris Heintzman Kung Fu.**

Seven Star Gym

5213 Raeford Rd, Suite 104 Fayetteville NC 28304

We are in the alley behind Triangle Rock Club.

Look for the Big Yellow Door with our LOGO

<https://www.facebook.com/sevenstargymfayetteville>

(919) 923-8205