

For Ages 6 years to 8th graders (In the fall of 2014)

Junior Class: Age 6 to 2nd Graders

Youth Class: 3rd Grade to age 11

Counselors in Training (CIT):

Age 12 through 8th Graders

Session 1: Monday, June 30th to Friday, July 11th

Session 2: Monday, July 21st to Friday, August 1st

Time: 9 AM to 3 PM

CAMP KOKORO 2014

Camp Coordinator: Sarah Ludden
For more information and to register

Call 773-472-7663

Camper bring a bagged lunch and beverage.
We serve healthy snacks.

Staff to Camper Ratio: 1/6

FEES: \$700.00 per Session 1/\$750 for Session 2.
No additional fees for field trips or transportation.

Scholarships are available.

\$50 discount for:

Registering for 2 sessions
OR registering more than one child

\$200.00 down payment is required to reserve a spot.
Balance due may be paid in monthly installments, until May 15, 2014
There will be no refunds after April 1, 2014.

Thousand Waves Martial Arts & Self-Defense Center, NFP
1220 W. Belmont Avenue
Chicago, IL 60657

Karate Love

Spirit

Peace

Community

Non-violence

CAMP KOKORO 2014

Martial Art With Heart

Respect

Fun

Art

Courage

**Thousand Waves
Karate Camp**

Join the fun at Thousand Waves' exciting and very popular summer camp!

You'll find it all here at Camp Kokoro—fun & exciting activities that nurture the mind, body & heart.



Camp Kokoro is designed for our current students, alumnae, AND children who want to try martial arts for the first time.

"Our three children loved the summer camp program and can't wait to go again this year. It combined fun with Seido karate, summertime activities and service to others—with the attentiveness, energy, sense of humor and caring spirit that the Thousand Waves staff brings to any activity. We highly recommend Camp Kokoro." Erin Shields and David Keene

Seido Karate

Every morning the campers have a one hour class in Seido Karate, a traditional Japanese martial art dedicated to developing a strong, healthy body and a spirit of compassion and generosity. Students receive instruction for their level, from beginner to junior black belt.

Martial Arts Games and Activities

After a delicious snack of fruit and crackers, a variety of exciting martial arts enrichment classes are offered, such as nunchaku, board breaking, Maori stick game, kata and kumite tournaments, and circuit/fitness training.

Field Trips

Each session includes an all-day outing to the very popular Mystic Waters Water Park in Des Plaines.

Outdoor Play

Every afternoon, the bus takes the campers to the lakefront for lunch and two hours of swimming, beach fun, playing a variety of sports, and enjoying free time with friends.

Games and Community

Kids enjoy participating in challenging and spirited chess & checkers tournaments in our supportive and respectful Camp Kokoro environment. Camp Kokoro is a video-game free space & we ask the children to leave all electronic devices at home.

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Email: sludden@thousandwaves.org
Website: www.thousandwaves.org

Leadership Training for CITS

Counselors in Training receive excellent instruction on how to be effective and compassionate leaders—introduction to first aid basics, communication skills, classroom management techniques and non-violent conflict resolution methods. They enjoy camp activities with their peers as well as assist the counselors with the younger children, gaining self-respect, confidence and leadership skills.

Performance and Awards

Each session concludes with a camper performance and an awards ceremony. All students advance in rank in a fashion appropriate to their current rank, such as receiving an orange belt or being eligible to test for promotion. Each session is equivalent to 15 Seido karate classes.