



COMPETITION CLINICS

<p>Competition Forms Clinic Sat. February 8th, 2:30p – 4:30p \$30.00</p>

This clinic will go over Traditional Forms, Traditional Weapons, and Creative Weapon forms. Students will practice their intro, perform for instructors who are looking for technique, sharpness, and attitude.

Note: We will not be able to teach new forms or creative forms at this clinic. We'll only be able to work with forms the student already knows. If you are interest in learning a creative form or working on your current form, we suggest scheduling a private lesson with the instructors.

<p>Competition Sparring Clinic Sat. February 15th, 2:30p – 4:30p \$30.00</p>

This clinic will go over sparring drills such as kick combinations and counters. Students will go over the rules for sparring and participate in a mock match with other students.

<p>Competition Breaking Clinic Sat. March 14, 2:30p – 4:30p \$30.00 + cost of boards</p>

This clinic will work on setting up a break routine for students based on their age and belt rank. Breaking routines are usually set up in 3 stations, so students will need to purchase 3 or more boards. Students will also have to purchase their own boards at competition in NJ.

Kids Boards - \$2.00 each, Adult Boards - \$2.50 each