



★ **FACTION MARTIAL ARTS** ★

Youth MMA Summer Camp

JUNE 20-24, 2011 ★ 9AM – 2PM ★ AGES 5-12

For 5 days, our campers will study the three dominate disciplines of MMA:

Brazilian Jiu-Jitsu

- ★ Emphasis on submissions
- ★ Positional control
- ★ Leverage to overcome size difference

Wrestling

- ★ Emphasis on take-downs and pins
- ★ Active groundwork
- ★ Proper stance and footwork

Kickboxing

- ★ Emphasis on stand-up game
- ★ Strikes including kicks, punches and knees
- ★ Proper pad work, Thai clinch

Only 20 spots available, first come first serve!

\$200 for Faction Members
\$300 for non-members (includes uniform)

Our instructors break down these arts into an exciting and challenging curriculum! Throughout the week, campers will participate in technique drills, games, challenge matches, and strength tests to earn points for their team.

At the end of the week, campers will compete in an in-house tournament to gain competition experience. Friends and family are welcome to come watch!

Our summer camp is a great way for your child to develop self-confidence and discipline, all while getting a great workout and making friends! Introduce your child to the exciting world of grappling this summer!



6108 Avenida Encinas #C, Carlsbad CA 92011
www.factionbjj.com – 760.918.0566

Please bring: One packed lunch per child, plenty of water, BJJ Gi, shirt & shorts (to train in), a towel, and boxing gloves.

We will also be taking a couple Mini-Field Trips to:

KNUCKLEHEAD GYM

A local gym using the latest interactive exercise equipment.

VITAL CLIMBING GYM

The only indoor bouldering/rockclimbing gym in San Diego.