

# Aurora Martial Arts

## 2021 Summer Programs



541-753-6614

195 SE Crystal Lake Drive, Corvallis

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	Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	<b>Week 6</b> TOPIC Honor	3	4	5	6	7	8
				Black Tip Testing Red Tip Testing		Brown & Black Belt Testing/Seminars with Mr. Sepulveda Colored Belt Test Virtual & in Academy	
9	Happy Mother's Day <b>Week 1</b> TOPIC ~ Effort	10	11	12	13	14	15
						Mother's Day Training	KIDS SAFETY CLINIC
16	<b>Week 2</b> TOPIC Respect	17	18	19	20	21	22
23	<b>Week 3</b> TOPIC Act As If!	24	25	26	27	28	29
							WOMEN'S SELF- DEFENSE CLINIC
30	<b>Week 4</b> TOPIC Dedication	31					
		School Closed!					

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	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Week 4</b> TOPIC Dedication		1	2	3	4	5
6	<b>Week 5</b> TOPIC Balance	7	8	9	10	11	12
13	<b>Week 6</b> TOPIC Enthusiasm	14	15	16	17	18	19
		Evaluation Week Red Tip Testing			Black Tip Testing	Testing Weekend	
20	Happy Father's Day! <b>Week 1</b> TOPIC ~ Integrity	21	22	23	24	25	26
						Father's Day Training Balance & Drill Challenge	
27	<b>Week 2</b> TOPIC Focus	28	29	30			
		Martial Arts Clinic - Introduction to Kenpo Karate					

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**Black and Brown Belt Testing:** On Friday, May 7<sup>th</sup> and Saturday, May 8<sup>th</sup> there will be Junior Black and Brown belt testing. All testers should arrive early to warm up and prepare. Due to COVID restrictions Advanced Testing will be on Zoom. Sorry for the inconvenience.

**Adult Test** - No Adult Test

**Junior Test** - Friday, May 7<sup>th</sup> at 6:30pm

**Mr. Sepulveda Seminar:** This event will happen during the weekend of May 7<sup>th</sup> & 8<sup>th</sup>. The Junior Seminar will be from 9:00am to 10:00am on Saturday May 8<sup>th</sup>. The Adult Seminar will be on Saturday, May 8<sup>th</sup> at 10:30am. Master John Sepulveda holds a 10<sup>th</sup> Degree Black Belt and has over 50 years experience in American Kenpo. Mr. Sepulveda is Mr. Donadio's instructor and was one of the very few who was a direct student of Senior Grandmaster Edmund K. Parker. Mr. Sepulveda is the President and Founder of the American Kenpo Training System (AKTS). He has been recognized worldwide for his committed efforts in promoting and teaching American Kenpo. This has included receiving many awards, including the California Karate League's "Official of the Year" Award and the Associated Teachers Association of Martial Artists (ATAMA) "Hall of Fame" Award. His knowledge of Kenpo and his ability to share that knowledge are incredible. Don't Miss This Opportunity!

**Happy Mother's Day:** In honor of Mother's Day, Aurora Martial Arts would like to invite all mothers to train with their kids for a day. The Mother's Day Training is on Friday, May 14<sup>th</sup> from 4:30pm to 5:30pm. You've watched your kid's classes, now it's your turn to enjoy a class along side your children ~ fitness, self-defense, challenging workouts and FUN!

**Kids Safety Clinic:** This Course is about personal safety for Children. Areas covered will be awareness, avoidance, ABC of Safety, and a basic wrist release. Participants will put into practice. This Clinic will be held on May 15<sup>th</sup>.

**Memorial Day:** We will be Closed for Memorial Day, Monday, May 31<sup>st</sup>.

**Martial Arts Clinic:** The Martial Arts Clinic will be held Monday, June 28<sup>th</sup> through Thursday, July 1<sup>st</sup> from 9am-10am. This clinic is an introduction to martial arts skills through games and activities. Explore the history of the martial arts and the importance of Respect and Self-Discipline in the practice of American Kenpo. Class is offered through Corvallis Parks & Recreation to children ages 5 to 10. Please contact Parks & Recreation to enroll, or contact an Instructor with questions.

**Women's Self Defense Clinic:** This course is about personal safety. Areas covered will be awareness, avoidance, safety techniques and basic self-defense. Participants will put into practice; avoidance techniques, strikes, kicks and self-defense movements with an opportunity for hands on practice including pads, partners and a fully-padded instructor. This clinic will be held on May 30<sup>th</sup> from 10:00am to 1:00pm. Please enroll through Corvallis Parks & Recreation.

**Happy Father's Day:** In honor of Father's Day, Aurora Martial Arts would like to invite all fathers to train with their kids for a day. The Father's Day Training is on Friday, June 25<sup>th</sup> from 4:30pm to 5:30pm. You've watched your kid's classes, now it's your turn to enjoy a class along side your children ~ fitness, self-defense, challenging workouts and FUN!

**Kenpo Mini Seminars:** Let's have some fun this summer vacation! We will holding 6 mini seminars for Junior Students on Fridays throughout the summer. These seminars will include Balance & Drill Challenge, Dynamic Kicking, High Gear, Padded Weapon, Kama, and Board Breaking. These event will be for all junior colored belt students (Yellow & up). All Mini Seminars will go from 4:30pm to 5:30pm. The cost for each Mini Seminars is \$25/seminar or you may purchase the entire seminar series for \$100! Each Mini Seminar will be limited to 20 students so be sure to register soon through the Spark App!

Balance & Drill Challenge: June 25 <sup>th</sup>	Dynamic Kicking: July 9 <sup>th</sup>
Kama: July 23 <sup>rd</sup>	High Gear: August 6 <sup>th</sup>
Hunger Games: August 13 <sup>th</sup>	Board Breaking: August 20 <sup>th</sup>

All dates and events are subject to change as the Government Guidance changes. Thank You to everyone who has stuck by us during this crazy time. We are **EXCITED** to see everyone who has Taken a break back on the mat! :)

All of the events that are planned for this summer require students to sign up at the front desk.

Please see Mr. D for any questions or concerns.

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JULY

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 2 TOPIC Focus					1	2	3
						School Closed In honor of Independence Day!	
4 Week 3 TOPIC Goal Setting	5	6	7	8	9	10	
	Karate Camp - White Belt Monday, July 5 <sup>th</sup> through Thursday, July 8 <sup>th</sup>				Dynamic Kicking Mini Seminar		AURORA PICNIC
11 Week 4 TOPIC Perseverance	12	13	14	15	16	17	
					School Closed Instructors at Training Camp.		
18 Week 5 TOPIC Flexibility	19	20	21	22	23	24	
	Karate Camp - Yellow, Orange, Purple, & Blue Belts Monday, July 19 <sup>th</sup> through Thursday, July 23 <sup>rd</sup>					Kama Mini Seminar	
25 Week 6 TOPIC Black Belt Excellence	26	27	28	29	30	31	
	Evaluation Week				Testing Weekend		
	Red Tip Testing		Black Tip Testing				

AUGUST

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Week 1 TOPIC Practice	2	3	4	5	6	7	
	Kenpo Promotion Camp Monday, August 2 <sup>nd</sup> through Thursday, August 6 <sup>th</sup>					High Gear Mini Seminar	
8 Week 2 TOPIC Self-Control	9	10	11	12	13	14	
					Hunger Games Mini Seminar		
15 Week 3 TOPIC By Example	16	17	18	19	20	21	
	Advanced Kenpo Camp - Green, Adv. Green & All Brown Belts Monday, August 16 <sup>th</sup> through Thursday, August 20 <sup>th</sup>					Board Breaking Mini Seminar	
22 Week 4 TOPIC Team Work	23	24	25	26	27	28	
	Advanced Kenpo Camp - Green, Adv. Green & All Brown Belts Monday, August 23 <sup>rd</sup> through Thursday, August 27 <sup>th</sup>					Review Camp!	
29 Week 5 TOPIC Awareness	30						

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**No Classes:** The school will be closed for Independence Day from Friday, July 2<sup>nd</sup> Through Saturday, July 3<sup>rd</sup>. We will be back on the mat of regular classes on Monday, July 5<sup>th</sup>. Have a very safe and Happy Fourth of July!

**School Picnic:** We will be hosting the **23<sup>rd</sup> Annual Aurora Martial Arts Picnic** on July 10<sup>th</sup>! The Picnic will be held here at Aurora Martial Arts. This is a “potluck” picnic, the hotdogs and drinks will be provided by the Aurora Staff. Sign up at the front desk to let us know how many folks are coming and the type of dish you will be bringing. Join the Donadio’s and the rest of the Aurora Team for an afternoon of good food and great fun (volleyball, dodgeball and other games - bring your squirt gun!) The picnic is open to all students, family and friends. The picnic will start at 11:00am, and end around 3:00pm.

**Karate Day Camps:** The main focus of these camps 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 Kenpo Karate, as well as the importance of focus, self discipline, and respect. This is a great way to jumpstart your training and accelerate your skill development! The **White Belt Camp** is a half day camp offered to new students and white belts, from 9:00am until 12:00pm, Monday through Thursday with an investment of \$100. The **Yellow, Orange, Purple, & Blue Belt Camp** will run from 9:00am until 12:00pm, Monday through Friday with an investment of \$150 (Save \$25 if you pre-register by July 9<sup>th</sup>). The **Advanced Camp** (green through brown belts) will run from 8:30am to 12:30pm, Monday through Friday with an investment of \$175 (Save \$25 if you pre-register by July 9<sup>th</sup>). AKTS Members will receive a discount of \$5 for the White Belt Camp and \$10 for the Beginner & Intermediate/Advanced Belt Camps. Contact Mr. D with questions or if you need tuition assistance.

**White Belt**

**Yellow, Orange, Purple, & Blue Belts**

**Promotion Camp**

**Green Through Brown (Session 1)**

**Green Through Brown (Session 2)**

July 5<sup>th</sup> to July 8<sup>th</sup> (9:00am - 12:00pm / Monday thru Thursday)

July 19<sup>th</sup> to July 23<sup>rd</sup> (9:00am - 12:00pm / Monday thru Friday)

August 2<sup>nd</sup> to August 6<sup>th</sup> (8:30am - 12:30pm / Monday thru Friday)

August 16<sup>th</sup> to August 20<sup>th</sup> (8:30am - 12:30pm / Monday thru Friday)

August 23<sup>rd</sup> to August 27<sup>th</sup> (8:30am - 12:30pm / Monday thru Friday)

**Aurora Martial Arts Promotion Camp:** This camp is for Yellow Belts through Green Belts. The camp will run Monday through Friday from 8:30am until 12:30pm, August 2<sup>nd</sup> to August 6<sup>th</sup>. During this camp we will train with the intent of preparing students to participate in an advancement test at the end of the week. The focus will be on curriculum and application, the “fun” will come from training hard and improving! The Aurora Team will strive for 100% success, however not all participants will be prepared for the test. We will maintain a high standard for advancement during this is a highly compressed timeframe. Participants will be expected to put forth their best effort during camp and practice daily. I know that this sounds challenging and it will be, this camp gives students a chance to put their best foot forward, knock off the rust and sludge of the past year of modified training, gain skill, confidence, and advance in Rank! Tuition for this camp is set at \$200 (Save \$25 if you pre-register by July 9<sup>th</sup>).

**AKTS Spirit Camp:** Senior Master of the Arts, Mr. Sepulveda has decided to postpone Spirit Camp until 2022 due to the current situation. In order to build momentum for that camp we will be partnering with Creekside Kenpo to offer the 2021 Kick Covid Kenpo Camp! It will be held at Loon Lake in Washington the weekend of July 16<sup>th</sup>, 17<sup>th</sup> & 18<sup>th</sup>. Please let an Instructor know if you are interested. Complete details will follow soon!

All the dates and events are subject to change due to what the Government has put in place. Thank You to everyone who has stuck by us in this crazy time. We are **EXCITED** to see everyone who has Taken a break back on the mat! :)

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.