



# ASK Martial Arts

*A Whole Lot More than just Kicking and Punching!*

(301) 251-0660

P.O. Box 785  
Silver Spring, MD 20918  
www.askmartialarts.org

End this year & start the NEW YEAR with ASK's

# Holiday BOOT CAMP 2011-12

## Are you prepared to be all you can be?

This 8 class session is designed for those students who wish to accelerate their progress and increase their skills to a higher level. We will work on developing more powerful and faster kicks, tournament quality katas (forms) and sparring, and some special seminar classes with guest teachers teaching techniques not normally taught in our regular class. Whether you're an experienced student reaching for a higher goal, or a new student who is serious about your karate training, this session is for you.

**\*\*All attendees will perform BOARD BREAKING on our last class SUN., JANUARY 11<sup>th</sup>\*\***

### Be Prepared for an intense workout!

- ☯ CHANBARA (Samurai sword)
- ☯ Tournament FORMS
- ☯ WEAPONS Training
- ☯ Bag & Target Drills
- ☯ Point SPARRING Green & Up
- ☯ SELF-DEFENSE
- ☯ Board BREAKING

**Space is limited**, return your registration **TODAY** or reserve your space by calling **(301) 251-0660**.

### Marvin Mem Church

33 University Blvd E.  
next to BLAIR HS at Rt. 29

### WEDNESDAY

7<sup>th</sup> 14<sup>th</sup>

DEC 4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup>

4<sup>th</sup> 11<sup>th</sup>

JAN 8<sup>th</sup>

#### JD-WHITE-GOLD Belts

6:00 - 7:00pm

ORANGE Belts & Higher

7:00 - 8:15pm

### Boys & Girls Club

1300 Forest Glen Rd.  
Corner of Georgia Ave

### SUNDAY

#### JD-WHITE-GOLD Belts

6:00 - 7:00pm

ORANGE Belts & Higher

7:00 - 8:15pm

A S K Martial Arts

## Holiday BOOT CAMP 2011-2012

SUNDAYS & WEDNESDAYS

Name \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent \_\_\_\_\_ Ph (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

RANK \_\_\_\_\_ MedicalConcerns \_\_\_\_\_ School \_\_\_\_\_ E\_MAIL \_\_\_\_\_

OFFICE USE ONLY	
Date	/ /
Ck. #	
Total	

\$ **69<sup>00</sup>**  
8 CLASSES

Make Check Payable To; **A S K MARTIAL ARTS**  
Checks or Money Orders Only. Return Form with  
Payment to class or Mail to; **A S K Martial Arts**

**QUESTIONS?**  
Call (301) 251-0660

P.O. Box 785  
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20918-0785

**BOOT CAMP** 8 class.....\$69.00   
**Child/Parent** course.....109.00

**WED OR SUN** 4 class.....\$39.00   
**Child/Parent** course.....69.00

C CS CP CF-  
UP T E Other \_\_\_\_\_

**REGISTRATIONS DUE by DEC 1<sup>st</sup>**

TOTAL \$