

Children's Summer Camps

5-13 years old

1. Boot Camp: Basics

Learn to punch, kick, attack, defend... Like a Kung Fu panda! In this camp, students will master the basic Kung Fu hand techniques, kicking drills, jumps, stances and footwork. They will learn the Kung Fu style of coordinating their hands, eyes, body, and stances. Students will perform the basic Kung Fu form, and watch the ever-popular movie, "Kung Fu Panda!"



2. Guard Camp: Nunchaku Weapon

Want to learn to use Bruce Li's famous nunchaku weapon? Come to our Guard Camp, and study attack and defend techniques, basic nunchaku drills, and perform the Nunchaku weapon form. Watch the Nunchaku movie—super fun!



3. Soldier Camp: Sword Weapon

The sword is known as the queen of weapons because it is swift, explosive, yet graceful. Chinese folklore tells us the sword is really a flying phoenix! In this camp, students will learn to thrust, slice, cut, intercept, and block with the metal sword. They will understand what it feels like to be a heroic soldier!



4. Warrior Camp: Staff Weapon

One inch longer, one inch stronger. As the most widely-used long weapon, the staff is characterized by its strength, courage, sturdiness, and abilities dart like the

rabbit, pounce like a tiger, and howl like the wind. In this camp, students will study how to use this long weapon, and even how to fight each other. Big challenges!



5. Dragon Camp: Dragon Poi

This camp offers an exciting blend of martial arts training with traditional dragon routines. Campers will learn basic Kung Fu stances, kicks, and techniques that build strength, balance, and focus. At the same time they'll be engaging in time-honored dragon sequences that emphasize rhythm, coordination, and teamwork. This dynamic camp keeps students active while introducing them to Chinese cultural traditions in a fun, supportive environment.



Session Dates

June 22-26 Guard Camp
July 06-10 Dragon Camp(NEW)
July 13-17 Warrior Camp

Training Schedule

Monday Training in studio
Tuesday Training in studio
Wednesday Kung Fu in Park
(Weather Permitted)
Thursday Field Trip - Movie Day
(Cinemark Century Theatre)
Friday Performance Day & Toy
Sharing Day

Daily 9:00 am to 3:00 pm

9:00am Drop off
Chinese Cultural Activity
Snack Break
10:00am Warm-up Game
Kung Fu Class
Clean-up Break
12:00pm Lunch
Free Time
1:15pm Kung Fu Practice
Educational Kung Fu Video
2:45pm Pick up
3:00-5:00pm Extended hour

Cost

\$400 per camp
Members receive \$20 off
Early birds receive \$50 off by March 15
\$20 off your 2nd camp,\$30 off your 3rd camp
Extended hours \$ 15/day



California Kung Fu & Tai Chi Institute

OUR MISSION

Our goal is to promote the physical and spiritual growth of our students by teaching both the external and internal martial arts styles. We strive to enhance a student's life through the understanding and application of the values and disciplines taught in the Chinese Martial Art styles, traditions, and culture.



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加州功夫太极学院



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