

# 30<sup>TH</sup> ANNIVERSARY BOOT CAMP FOR MARTIAL ARTISTS

## WHEN

August 07-14, 2016 — 24/7



## WHERE

**Reston, VA** (10 minutes from Dulles International Airport)  
11704 Bowman Green Drive, Reston, VA 20190

TRAINING: CORE ENDURANCE SPEED STRENGTH  
KICKS: OFFENSIVE DEFENSIVE STANDING SPINNING JUMPING  
DRILLS: SPARRING SELF DEFENSE BOARD BREAKING FORMS

[JOHNCHUNGTKD@GMAIL.COM](mailto:JOHNCHUNGTKD@GMAIL.COM)—703.709.5425

## WHY

**Championship Level Training**  
Train with a Champ to become a Champ

## HOW

**Register Today \$1800.00pp** limited space  
All inclusive—food, fun, friends, floor space  
Checks payable to **SIDEKICK, Inc.**

## INVITATION ONLY

## RETURNING CAMPER

\$1500.00 by 05/07/16

## SUNDAY 08/07/16 CHECK-IN

3:00 pm

Group assignments  
Introduction and Overview

## SUNDAY 08/14/16 CHECK-OUT

3:00 pm

Organized dismissal  
Overview and Update

## BENEFITING

All level Martial Artist

Athletes

Instructors

Junior Leaders

Competitors



**TEACHING**  
All level  
Martial  
Arts and  
Martial  
Artists for  
44 years