

## Registration Now Open! June 1 - August 20, 2021

Tiger-Rock Martial Arts Portland is taking registrations for the 2021 TaeKwonDo Summer Camps for children ages 5 – 12. In addition to learning TaeKwonDo and Martial Weapons each child will be taught valuable life skills, how to avoid dangerous situations and what to do if approached by a stranger.

### PROGRAM DIRECTORS:

Israel Martinez,  
4th Degree Black Belt  
Certified Martial Arts Instructor & Success  
Coach

Brittany Martinez  
4th Degree Black Belt  
Director of Life Skills & Craft Curriculum



**PORTLANDMAF.COM**

(361) 643-7853  
1500 WILDCAT DR, UNIT C  
PORTLAND TX 78374  
staff@portlandmaf.com

## 2021 SUMMER SEASON



MARTIAL ARTS · LIFE SKILLS · PHYSICAL FITNESS

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# 2021 SUMMER CAMPS

## Taekwondo Lessons

Tiger-Rock TaeKwonDo blends the ancient art of TaeKwonDo with modern approaches to teaching and sport science to make our style available to everyone. Cultivate both inner and outer strength in a safe, comfortable environment.

## X-Pro & Weapons

Today it is practiced as a Martial Art that improves concentration, develops strength, coordination, self-discipline and cultivates awareness of an ancient culture and its traditions. Martial Arts weapons are from an ancient era in human history but are still relevant in today's world. Learning how to use a weapon is the best way to learn how to defend against it. The student will learn how to control the weapon and its strengths and weaknesses.

## Life Skills Lessons

- ▶ Responsibility/Courage
- ▶ Physical Fitness
- ▶ Concentration/Focused Listening
- ▶ Patience/Perseverance
- ▶ Community
- ▶ Honor/Respect
- ▶ Friendship/Confidence
- ▶ Manners/Social Skills
- ▶ Honesty/Integrity
- ▶ Positive Attitude/Health



Deposit: \$10 per person/Per Week  
Late Registration: \$25 per person/Per week

**FULL DAY CAMP:**  
**\$139/week; \$129/week for 2nd family member**

**DAILY CAMP RATES:**  
**\$79/day (Includes Field Trip fee/1 T-Shirt)**

Camp T-Shirt: Each Camper will receive 1 Shirt (Shirts are required to be worn every day)  
Field Trip Fee: Included; (Lunch NOT included)  
Late Pickup fee: \$1/min for first 30 min, \$5/min after first 30 min  
\*Campers staying 4:30-6pm \$25 Weekly.  
\*Campers staying 4:30-6:30pm \$50 Weekly.  
\*Must have uniform to attend evening classes

**2 HOUR SKILLS CAMPS**  
**Skills Camp: \$99 Weekly; \$79 Weekly 2nd family member**

Skills Camps are 10am-12 Noon Daily Mon-Fri (Includes t-shirt)  
Schedule: Taekwondo Class: 10am -11am/ Weapons class: 11am-12 Noon

## Sample Daily Schedule

7:30 - 10:00am	Drop Off
8:00 - 10:00am	Life Skills Lesson/ Scheduled Activity
10:00 - 11:00am	Taekwondo Class
11:00 - 12:00pm	Martial Arts Class (Hyper-Pro, weapons)
12:00 - 1:00pm	Quiet/Reading/Rest - Lunch Time
1:00 - 4:00pm	Afternoon Field Trip
4:00 - 4:30pm*	Free Time/Pick Up

(\* Current Campers staying 4:30-6:30  
\$25-\$50 weekly

Must have uniform to attend evening classes.



MARTIAL ARTS · LIFE SKILLS · PHYSICAL FITNESS

I would like to register my child for the 2021 Summer Camp Program. Please note that registration is not guaranteed once this form is filled out. Registration is complete when all required paperwork is on file at the academy and the tuition is paid. If you have been placed on a waiting list, we will notify you when space becomes available.

- |   |   |
|---|---|
| <input type="checkbox"/> June 1-4         | <input type="checkbox"/> June 7-11                    |
| <input type="checkbox"/> June 14-18       | <input type="checkbox"/> June 21-25                   |
| <input type="checkbox"/> June 28 - July 2 | <input type="checkbox"/> July 5-9                     |
| <input type="checkbox"/> July 12-16       | <input checked="" type="checkbox"/> July 19, 20 & 21* |
| <input type="checkbox"/> July 26-30       | <input type="checkbox"/> August 2-6                   |
| <input type="checkbox"/> August 9-13      | <input type="checkbox"/> August 16-20                 |

Daily: Select Day(s) M T W TH F  
Circle: Current Student or New Student

Student's Name \_\_\_\_\_

Parent's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Work/Cell Phone \_\_\_\_\_

Email \_\_\_\_\_