



# CAMP BLACK BELT® Summer

Accelerated Martial Arts Progress  
Fun, Friends, and Karate!

[www.northernkarate.com](http://www.northernkarate.com)

## DETAILS

Camp Black Belt® is voted  
GTA's #1 Sport/Co-ed Day  
Camp by City Parent

### Karate in the Morning

- High instructor to student ratio
- Accelerated Martial Arts Progress
- Weekly Stripe Assessment

### Activities in the Afternoon

- Field Trips and In-Dojo Activities
- Offsite/Transportation Fees Included
- High Instructor/Supervisor-to-Student Ratio
- Make new friends, learn, and have FUN!

Packed, litterless lunch is required. We provide nutritious snacks at snack time!

WE ARE 100% PEANUT & NUT FREE

CBB® T-Shirt included!



CBB® Tuition is TAX DEDUCTABLE!

### Camp Black Belt Checklist

- Reusable water bottle
- CBB T-Shirt
- Gi (Uniform) + Belt
- Afternoon Change of Clothes
- Sparring Gear (yellow +)
- LUNCH

## ITINERARY

Martial Arts in the morning,  
activities in the afternoon --  
We're bringing back all the  
favourites!

### Daily Schedule



8:15 -9:00am	Drop-off
9:00 -10:15am	Bow-in/Karate Training
10:15 -10:35am	SNACKTIME!
10:35-12:00pm	Karate Training
12:00-1:00pm	LUNCHTIME!
1:00-3:30pm	Afternoon Activity
3:30-4:00pm	Pick-up



	MON	TUES	WED	THU	FRI
Week 1 July 15	Movie Monday & Kernels popcorn	Making Slime	Scavenger hunt / Would you rather	Whimz 	Fight scene & demo practice w/ nerf® warz
Week 2 July 22	Movie Monday & Kernels popcorn	Make an escrima/kali sticks	Make your own lava lamp 	Partycade aka videogame truck	Glow in the dark party games & forts/nerf® fun
Week 3 Aug 12	Movie Monday & Kernels popcorn	Make rochin & tinbei	Choose your own adventure	Visit to the past / Gibson House	Non-stop games/prizes nerf® warz
Week 4 Aug 19	Movie Monday & Kernels popcorn	Perler bead fun	Create your own music video	Partycade aka videogame truck	End of summer party nerf® fun & tourny



Activities may change due to unforeseen circumstances and may change without notice. While we do our best to stick to the schedule sometimes we have to make changes at the last minute. Thank you for your patience and understanding.

download our app: NKS - Willowdale

[facebook.com/northernkaratewillowdale](https://facebook.com/northernkaratewillowdale)

Instagram: @team\_nks