

Attention Moms!
Self-Defense Class for Women
4-hour seminar



This is a must-have experience for yourself and your precious family

Raise Your **Awareness**, Feel Empowered and **Protect Your Life!**

Sat. Aug 25 or **Sat. Sep 29**
1:00 - 5:00PM

Register Online

www.montereybudokan.com

New!
Martial Art Birthday Party!

Spacious, soft-mat, safe place
 Educational and fun games
 Martial art demonstration
 Ninja obstacle course for children

Contact us for details and reserve your party



Excellent Team of Professional Instructors



Julio Toribio - Chief Instructor

All instructors are black-belt martial artists and well-experienced in teaching children.

In our unique philosophy of "**Awareness Assessment Action™**" children learn to increase their **Awareness** in their daily situations, make a clear **Assessment**, and take appropriate **Action**.



Group and private lessons are available. Since 1988, Monterey Budokan has been offering excellent martial art instructions at the current location in New Monterey.



2012
Martial Art Summer Camps
Boys and Girls



Monterey Budokan Martial Art Academy

Proudly Offers...

- Summer Camps
- Jujutsu Classes
 - Children Ages 5 - 7
 - Juniors Ages 8-13
- Self-Defense Classes for Moms
- Birthday Parties



Monterey Budokan
Seibukan Jujutsu Dojo
 636 Lighthouse Ave. Monterey
(831) 375-6797

www.montereybudokan.com
info@montereybudokan.com

Martial Art Summer Camp for Boys & Girls



Daily activities includes:

- Intensive martial art training Self-defense training
- Self-esteem and self-discipline philosophy classes
- Discussion and sharing about teamwork and self-development
- Meditation and yoga
- Knife throwing class
- Wooden sword training
- First aid, safety and survival classes
- Daily afternoon snack provided
- Surprises, games and FUN!

In Juniors camp (Ages 8-13) Fri-Sat overnight camp includes

- Daytrip to Big Sur (transportation provided)
- Training at the beach
- Hiking in the woods
- BBQ dinner
- Confident-building walk
- Saturday breakfast

Summer Camp Schedule & Tuition

Junior Camp

Ages 8-13

Jul. 30 - Aug. 4

\$245: 6 days 1 night

Day camp

Mon-Thu: 10:00AM-3:00PM

Overnight camp

Fri 10:00AM - Sat 10:00AM

Children Camp

Ages 5-7

Aug. 6 - Aug. 9

\$185 : 4 days

Mon-Thu: 10:00AM-3:00PM

Optional extended care

\$ 40: 4 evenings

Mon-Thu: 3:00 - 5:30PM



Space is limited

Register online today!

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Camp location & Contact

Seibukan Jujutsu Headquarters

636 Lighthouse Ave. Monterey

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Martial Art Instructions On-going Classes



Seibukan Jujutsu for Children and Juniors

**In a safe environment,
your child will learn to:**

- Develop physical skills for self-protection
- Train to better themselves in a non-competitive, philosophy based martial art
- Increase awareness and coordination of mind and body
- Develop cooperation and interaction skills
- Build self-confidence, self-esteem and self-discipline
- Set effective boundaries and express their feelings
- Identify potential conflicts or dangerous situations
- Make friends and have fun in healthful activities
- Express and channel energy in a positive and supportive atmosphere

Class Schedule

Children (Ages 5-7)

Tue or Thu 4:00-5:00PM

Once a week \$45/month

Juniors (Ages 8-13)

Tue & Thu 5:30-6:30PM

Twice a week

\$65/month

Family discount available