

PETER BLUM FAMILY YMCA
SUMMER CAMP

2026

Karate: Week 6



MONDAY
07/06

- Kickboxing Combinations
- 4 Basic Blocks
- Japanese Counting
- What is Bullying?

TUESDAY
07/07

- Kicks - Front & Roundhouse
- Wrist Grabs
- How to Talk with Bullies
- What is Nutrition?

WEDNESDAY
07/08

- Line Drills
- 3 Stances
- Jump Kicks
- Karate Show Review

THURSDAY
07/09

- PIZZA DAY
- Karate Show Review
- Nutrition,
- What are fruits & Vegetables

FRIDAY
07/10

- Karate Show for Campers (10:30am)
- Group Games

What To Bring Each Day

- Nut-free lunch
- Snacks
- Reusable water bottle
- Sunscreen (labeled)
- Close-toed shoes

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- Nunchuck for sale!**