



Hyper Training Day Camp

Nunchaku, Bo and Jiu Jitsu

Monday, December 30th



- Spend the Day at MPK!
- Everyone will train two weapons and get a session of BJJ!
- We will serve snacks and a pizza lunch.
- Camp is for ages 8 and up.
- Cost is \$75 for the day.
- We provide the weapons.
Bring your own if you have them.
- Space will be limited, so sign up soon.
- Drop off from 8-9 am.
- Pick up between 3-4 pm.



*Please sign up soon as we need to prepare our weapons and staff for the day of training. MPK T-shirts and uniform pants will be our attire for the day. \$10 off second family members. If we fill up we MAY offer a second day of training.