



SHARKEY'S KARATE STUDIO

AKA SIDESWITE

Present

Boot Camp VIII

July 8-August 5, 2009

We are doing new and exciting things this year! New location and new instructors! Are you ready to become the best you can be? Once again, we are setting the standard for the top martial art training camps in the country. The 2009 Boot Camp is set for July 8-August 5. Are you ready for something new and different this year? Be prepared for **Boot Camp VIII** - where we teach you to own it!

Our Goal

The goal of Boot Camp is to have all participants leave the camp feeling like they have learned something new - and had a great time doing it. Now that summer is here, it's time to jump start everyone's engines and train to be the best! This camp is for martial artists to excel and to learn new things. Campers will have the opportunity to learn new forms, critique existing forms, learn basic and advance acrobatics, conditioning and choreography. Our world champion instructors will also help the campers meet their full potential.

World Champion Instructors

Sensei John Sharkey

Matt Mullins*

Mike Chat*

Craig Henningsen*

Suzann Wancket*

This year we will be bringing in some of the world's most prestigious and well-known martial artists. Each week you will be working with one of four featured instructors as well as a staff of assistant instructors and, of course, Sensei John Sharkey himself.

**Reserve your spot today
before it's too late!**

Sharkey's Karate Studio

2916 West Ogden Avenue · Naperville, Illinois 60540

Phone: 630 369 8055 Email: sharkey100@aol.com

www.sharkeykarate.com

*One week guest instructor



New for 2009!

Featured Instructors

Matthew Mullins

Matt has been teaching martial arts for the past fifteen years, both privately in Los Angeles, California and at the world-renowned Sharkey's Karate School in Naperville. Being on the cutting edge of extreme martial arts, Matt has trained some of today's top competitors in the sport. As a fourth degree black belt, a world champion martial artist, and a certified trainer, Matt has combined his knowledge of body mechanics with his vast martial arts experience to create the safest and more efficient training regiment, using proper body alignment and cross training techniques. Matt has broken down every aspect of the sport – from performance and presentation to basic techniques – making it easy for anyone to learn the martial arts, sport karate or acrobatic kicking.

Craig Henningsen

Martial arts champion Craig Henningsen began training with at Sharkey's Karate Studio in Naperville. Training alongside Matthew Mullins influenced Craig to hit the competition circuit. Dominating in musical forms, musical weapons, point and continuous fighting divisions, he won his first national championship at age twelve. For his innovation and contribution to the sport at such a young age, Craig has received several Hall of Fame awards. Craig was also chosen to represent America as a member of Team USA, competing in Vienna, Austria for the WKA World Championships. Outside of competition, Craig has been featured in countless martial arts demonstrations across the country. He is a member of the Sideswipe Performance Team, entertaining audiences across the country with its blend of traditional karate and tae kwon do with gymnastics and acrobatics in an amazing display of talent.

Mike Chat

Known as the Tony Hawk of martial arts, seven-time World Forms & Weapons Champion and former Blue Power Ranger Mike Chat has created a revolution of his own. The xMA Revolution is an extreme movement that has spread across the martial arts community worldwide. The transition from traditional to contemporary martial arts triggered a shift toward life skills & character development programs that spawned the creation of **XMA** (Xtreme Martial Arts) and Mike Chat's xMA Performance Training Program. Designed to parallel the high-flying martial arts action seen in the media and today's video games, cartoons, television shows and films, xMA increases student motivation and retention while opening the door to demographics previously not attracted to traditional martial arts programs.

Suzann Wackett

Suzann represented the United States in the world championships in Germany and Ireland. The only competitor in Minnesota to win a total of two Diamond Nationals rings, she was inducted into the Diamond Nationals Hall of Fame in 2001. The only female to win two Adult Warrior Cups at the AKA Grand Nationals, Suzann was named a 2007 AKA Grand Nationals Hall of Fame Inductee – the first female to be inducted into the AKA Grand Nationals Hall of Fame.

Other Champion Instructors

Brendon Huor

Donald Mills

Seth Austin

Boot Camp VIII Additional Information

Adults will supervise all activities.

Medication

If any student is on medication, the parent must notify Sensei Sharkey and provide all information and special instructions to him.

What you need

- Sleeping bag or blow-up mattress
- All karate equipment and weapons
- Enough clothes for the month - *no red clothing (washing purposes)*
- Towel
- Toiletries

Where & When - New Location this Year!

This year we will be training the majority of the time at an all-new location. We will still be in Naperville on the weekends but, during the week, we will be at a new location in Momence. This year, Boot Camp will be taking place on five acres with a pool, lake, full-size gymnasium, weight room, locker rooms and more. Be part of the first generation to experience this new location! Arrive at Sharkey's Karate in Momence (12534 East Route 114) on **July 8 at 6pm**.

Camp Fee

The \$3000 will include lodging, food, training and all other camp activities. Spots are going quick! Everyone wants to be part of this new year. We ask for a \$500 (non-refundable) down payment to hold the camper's spot. Applications may be turned in at, or mailed to, Sharkey's Karate Studio, 2916 West Ogden Ave. #120, Naperville, IL 60540. For other payment details, contact Sensei Hunter.

Additional Information

If you have any questions or need more information, then contact Sensei Sharkey at **630 369 8055** or go to www.sharkeyskarate.com.



Important: Please inform us of special issues such as sleepwalking, allergies (food, insect or other), asthma, recurring nightmares, bed wetting - or any other important things of this sort - so that we are aware of any problems.



Sharkey's Karate Studio Credit Card Payment Form

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Select Credit Card: VISA MasterCard American Express

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Email Address _____

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