

**Camp Kokoro is designed for our current students, former students, AND children who want to try martial arts for the first time.**



**SEIDO KARATE**

Every morning the campers have a one hour class in *Seido* karate, a traditional Japanese martial art dedicated to developing a strong, healthy body and a spirit of compassion and generosity. Students receive instruction for their level, from beginner to junior black belt.



**MARTIAL ARTS GAMES AND ACTIVITIES**

After a delicious snack of fruit and crackers, a variety of exciting martial arts enrichment classes are offered, such as *nunchaku*, board-breaking, *kata* and sparring tournaments, meditation and circuit/fitness training. Different enrichment classes are offered each session, so students will get to learn something completely new every day!



**Join The Fun At Thousand Waves' Exciting & Popular Summer Camp!**



**OTHER ACTIVITIES**

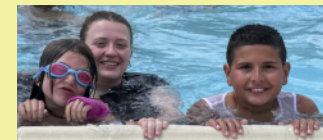
Camp Kokoro is a video-game free space and we ask children to leave electronic devices at home. Instead, we provide a combination of activities that encourage peer interaction.



We'll coordinate off-site experiences to provide opportunities for outdoor summer activities, including field games, and our popular chess and checkers tournaments. All activities happen within a supportive and respectful environment supported by our *Karate-ka* code of ethics.

**FIELD TRIPS**

Each session includes a full day at Montrose Beach, including two outdoor karate classes, as well as a day at Mystic Waters Water Park.



**In 2024, we are offering  
two 2-week-long sessions:**

**Monday July 8 - Friday July 19**

**Monday July 22 - Friday August 2**

Camp runs from 9 am to 3 pm.

Staff to Camper Ratio of 1:6

One session - \$800

*\$100 discount for registering for both sessions OR  
for registering multiple children.*

*Non-refundable deposit of \$200 per session for each child is  
due with registration. Balance of fees must be paid by June 30.*

**Scholarships are  
available.**

*Campers bring a  
bagged lunch and  
beverage.*

*We serve healthy snacks.*



**Camp Director:  
Sensei Lucía Frisancho**



**For more information and to register:  
call 773-472-7663**



**For current Junior,  
Youth & Teen  
Thousand Waves  
members, and all  
children going  
into 1st through  
8th grade**

**Counselors in Training (CIT):**

Age 12 through 8<sup>th</sup> grade

CITs assist counselors in creating a safe and fun  
environment for the younger campers, while  
gaining self-confidence and leadership skills.



**Camp Kokoro 2024**



**Thousand Waves'  
Karate Summer Camp**



**THOUSAND WAVES**

Martial Arts & Self-Defense Center, NFP

1220 W. Belmont Ave.

Chicago, IL 60657

773-472-7663

[www.thousandwaves.org](http://www.thousandwaves.org)