



ATA XTREME PERFORMANCE TRAINING CAMPS!

Date & Time: Wednesday, June 24th 1pm-5pm and/or Thursday, June 25th 8am-12pm

Location: Robinson Center (next to Doubletree Hotel)

Attire: Black Pants & Black T-Shirt

*Age & Rank: * 7 years and older * Leadership Students * Camo Belt and Above*

Price: \$99.00 for one Day or 149.00 for Both Days.

*Train with the creator of XMA, Xtreme Martial Arts **MIKE CHAT** in this exclusive ATA Xtreme Training Camp launch! This will be the first of a series of ongoing camps designed to elevate the structure and choreography for Xtreme Forms & Weapons, as well as introduce the new competition events of Creative Forms & Creative Weapons.*

Day 1 - June 24th, time - 4 hrs

PLEASE FILL OUT REGISTRATION FORM

- XMA Laying the Foundation - Learn how to train XMA Basics for competition and demonstration performance!
- XMA Design - Learn how to create dynamic hand and explosive kicking combinations!
- XMA Choreography - Learn an XMA Competition Form!
- XMA Tournament Prep - Learn the secrets to enhancing your existing performance from inside and outside of the ring!
- XMA Tricks - Learn how to utilize XMA Tricks to enhance choreography and routines!
- Creative Forms and weapons choreography.
- Creative Forms and weapons competition rules.

Day 2 - June 25th, time - 4 hours

- XMA Elite Level Training - Learn how to train at Elite levels and prepare for World Championship Gold!
- XMA Kicking Combinations - Learn winning kicking combinations utilized in championship forms!
- XMA Weapons - Xtreme Kamas & Staff
- XMA Tricks - Learn the basics to tricking and how to break down the mechanics of tricks!
- Creative Forms and weapons choreography.
- Creative Forms and weapons competition rules