



# **TOHKON JUDO ACADEMY**

## **JUNIOR SUMMER CAMP SCHEDULE 2018**

**June 25 – June 29, 2018 - Monday - Friday**      **10:00am – 1:00pm**

**Please Register by Monday, June 18, 2018**

These 5 days of Judo camp will be run by Olympian and National Champion, Douglas Tono, 7<sup>th</sup> dan. The focus of this camp will be on competition techniques and strategies (including sensei Tono's famous Yoko-Tomoenage).

We will have special strength and conditioning sessions with Tohkon's own, Mr. Brian Kent. Brian is a Personal Trainer and Performance Coach, Nike Trainer and advocate of kid's fitness.

Don't miss this great opportunity to improve your judo skills, strength and conditioning. This camp will also help prepare you for the upcoming Jr. National Championships in Grand Rapids, MI this July 6 – 8, 2018.

Camp will be held at  
Tohkon Judo Academy, 4427 N. Clark St. Chicago, IL 60640.  
Dojo Phone: 773 784-7766    Doug Mobile: 773 865-7268

(Entrance to Tohkon is through the parking lot at the north end of the building)

### **CAMP FEES**

**Tohkon Judo Academy Members and After School Judo Program Students:**

\$150.00 for 5 days per student  
\$100.00 for each additional family member

**Non-Tohkon Judo Academy Members:**

\$ 175.00 for 5 days per student  
\$ 125.00 for each additional family member

**Daily Rates:** \$40.00 per class.

**(For those who cannot attend the full week of camp)**

Please make checks payable to Tohkon Judo Academy  
All camp participants must submit a registration form signed by a parent/guardian and must be a current member of the USJF, USJA and/or the USJI national judo organizations.

For more information please e-mail Douglas Tono at [info@tohkon.com](mailto:info@tohkon.com) or call 773 865-7268.