

HILL COUNTRY KARATE PRESENTS

SR KARATE CAMP



APRIL 10 -12, 2026

ADULT CAMP - SELF-DEFENSE & WEAPONS TRAINING
RAIN OR SHINE! @ NEWK'S TENNIS RANCH



LOCATION: NEWK's TENNIS RANCH
325 Mission Valley Rd, NB, TX 78132

COST: \$50 - Cash Only

No checks - No Refunds (Includes Saturday evening meal)

THEME: 007 - JAMES BOND

AGE: All senior students (13 & up)

Note for overnight campers - Students age 18 and under must stay in bunk house, only permitted to camp in tent if accompanied by 18+ family member also participating in the camp.

WHO CAN COME? This camp is open to any senior HCK student at ANY belt level. Students will be grouped by experience level. Sorry no pets, no children, no family or friends may attend.

GOAL: Practical self-defense against assault. Hands-on training with a variety of martial arts weapons. Learn to protect yourself and your loved ones. Practice real life scenarios in a safe environment.

RULES: Only HCK students may attend and participate at camp. You are expected to be on time and to participate in all training sessions with a good martial arts attitude.

No alcohol, no drugs, no tobacco products will be permitted. Newk's facility, staff & guests will be respected. HCK staff, guests and all personal belongings will be respected.

All karate camp and Newk's Tennis Ranch rules are to be followed or you will be asked to leave.

•••••
CAMP SCHEDULE

FRIDAY, APRIL 10, 2026

6-9 pm - Check In - TENT SET UP (Brown Belt/Advance Campers- NOT FIRST TIME CAMPERS)

10 pm - Compass & Personality Courses

for BROWN BELT & ADVANCE CAMPERS

SATURDAY, APRIL 11, 2026

7-8 am - Check In - TENT SET UP (FIRST TIME CAMPERS)

9-12 pm - Morning Rotations (4 @ 45 minutes each)

12-2 pm - Lunch Break

2-5 pm - Afternoon Rotation (4 @45 minutes each)

5-9 pm - HAMBURGER COOKOUT!

(No extra fee, burger and fixings provided)

9-11 pm - Night Trails

•••••
SUNDAY, APRIL 12, 2026

8 am - Check In

9-12 pm - Morning Rotations for COLOR BELTs
(4 @ 45 minutes each)

Ropes Course for BROWN BELTs

•••••
SEE BACK OF FLYER FOR MORE INFO

WHAT SHOULD I BRING?

ALL campers are required to furnish their own camping gear, flashlight, personal items and food/drink.

Shower facilities are available on-site.

18 and under staying in bunk house, required to bring sleeping bag/bedding for bunk.

Restaurants are located near-by for breakfast/lunch break.

No alcohol, no drugs, no tobacco products will be permitted.

THINGS WE RECOMMEND BRINGING:

- Meds -Flashlight -Bug Spray/Sun Screen -Braces (knee, wrist, ankle) -Small 1st Aid -Rain Gear
- Extra Clothes -Tennis Shoes -Bathing & Personal Items -Shower Shoes -Towel
- Tent -Sleeping Bag & Mat -Pillow -Tarp
- Ice Chest -Water/Sports Drinks -Food -Snacks

HAMBURGER COOKOUT

Beef burger and fixings will be provided for all campers. (Veggie w/ email request prior to camp)
Please feel free to bring a side or sharable item.

There are NO refrigerators available.

REGISTRATION: ALL campers must fill out registration slip with emergency contact info at check in.
Campers 17 and under will require guardian to accompany at registration/check in.

HEAD QUARTERS FOR HCK SR CAMP

JOHN NEWCOMBE TENNIS RANCH & CONFERENCE CENTER

