

PURPLE DRAGON KARATE

Academy of Don Jitsu Ryu

Martial Arts Summer Camp



561-401-9903

150N US1, Suite 9

Tequesta, Fl, 33469

WWW.PURPLEDRAGONSOFFLO.COM

June 2nd-July 26th Prices include activity Fees. Sibling & Multiple Weeks discount Available, CAMP IS LIMITED TO 12 FULL TIME CAMPERS.

Camp Registration Form 2025



Camper Name _____ Age: _____ Rank _____

Address :

Parents name

Parents Contact #'s

Contact Email: _____

Any allergies, medical or other Notes _____

Choose your Camp Weeks

SUMMER CAMP WEEK 1 6/2nd - 6th Ways of DJR Discipline and 20 Fighting Styles _____

SUMMER CAMP WEEK 2 6/9th - 13th Way of the DJR Warriors 1 _____

SUMMER CAMP WEEK 3 6/16th – 20th Water World 1(The DJR Way & Discipline of Water)_____

SUMMER CAMP WEEK 4 : 6/23rd- 27th Train like A PD Black Belt 1 _____

SUMMER CAMP WEEK 5 : 7/7th -11th Way of the DJR Warrior 2 _____

SUMMER CAMP WEEK 6 : 7/14th -18th COMBO Week #1: Water, Weapons & Workouts _____

SUMMER CAMP Bonus WEEK 7: 7/21st - 7/25th Train LIKE A PD BLACK BELT #2 _____

Full Time/Wk \$350 _____ 1/2 Days Full Week \$260 _____ Full Day \$150: _____

\$ _____ X # OF WEEKS _____ = _____

25th Anniversary Savings- 10% off for Multiple Weeks & Siblings Exp 6/1

Cash/Check/CC on file accepted Total Due = _____

I am aware of the risks connected with attending our Purple Dragon Summer Camps. I agree to not hold accountable or bring legal action against Purple Dragon Karate, their officers, agents, or employees. This waiver releases the company from all liability relating to injuries that may occur on location before, during, or after activity.

By signing this agreement I agree to hold the company entirely free from any liability, including financial responsibility for injuries incurred, regardless of the reasons or circumstances.

I acknowledge the risk involved with this activity including, but not limited to, muscle tears, sprains, and other physical injuries. I certify that my participation is voluntary and I have been made aware of the risks. Additionally, I do not have any conditions that may increase my likelihood of injury.

I will make every effort to obey all safety rules, and will ask for clarification if needed.

Parent CONSENT: _____ Date: _____

Summer Camp: Week 1: 6/2-6/6

Ways of DJR, Discipline and Sparring

Monday: Bag Work, Sparring, Games, Respect & Playgrounds workout.

Tuesday: The Practice of DJR Discipline, Sparring, Visit Tequesta Library

Wednesday: DJR Standard Style X ray Paper Drills and Practice with Bean Sock & Balloon Training

Thursday : Weights and Resistance. Demo & Teq Rec Center Class & Park

Friday: The Self Defense of Respect and Martial Arts Sparring.

Hike at JD State Park & Treasure Hunts

Summer Camp Week 2: 6/9-6/13

DJR Weapons: Way of the Warrior 1

Monday: Make a Samurai Sword Day 1, Your Japanese Name & Brush Painting, Visit to a local art Gallery.

Tuesday: Become a Nunchaku Warrior & Beach day

Wednesday: Bo Staff Warrior & JD PARK Bo Staff Training

Thursday: Don Jitsu Jiu Jitsu Day, Park, Popcorn & Movie

Friday: Samurai Sword Day 2: Bushido Warrior

SUMMER CAMP WEEK 3 : 06/16-06/20

Water World 1(The Discipline of Water)

Monday: DJR ology Healing Style, Bag work, Board Breaking & Dubois Park

Tuesday: Mastering Flow, Resistance, Weights, Popcorn & a Movie Day

Wednesday: Lets go on a Fishing Trip (Rod & Tackle Needed, Bait Provided)

Thursday: Smoothie & Veggie Day. Drink Water Challenge. Slip & Slide

Friday: Visit to Sailfish Splash Water Park, Bring lunch or \$15 for lunch

SUMMER CAMP WEEK 4 : 6/23-6/27

Train Like a Purple Dragon Black Belt

Monday July 22nd Day 1. How Black Belts train to condition the Body safely incorporating the Don Jitsu Ryu healing style

Tuesday July 23rd Day 2. Understand the Don Jitsu Ryu Philosophy and Purple Dragon Etiquette

Wednesday July 23rd Day 3. Mastering the Basics of Don Jitsu Ryu Standard Style.

Thursday July 24th Day 4. Mental & Emotional Discipline of Don Jitsu Ryu

Friday: Trip to the Morikami Japanese Museum (Family is welcomed to go)

Summer Camp Week 5: 7/7-7/11

Weapons of DJR: Way of the Warriors 2

Monday: Bo Staff Day 1, Fishing, Make a Sword Day 1

Tuesday: Bo Staff Day 2, Visit Mounts Botanical Gardens

Wednesday: Movie & Samurai Sword Day

Thursday: Make a Nunchaku Day, Loggerhead visit

Friday: Lets make a Karate Movie, BBQ Beach Day



SUMMER CAMP WEEK 6: 7/14-7/18

Water World / Weapons COMBO Camp

Monday: KATA & Bo Staff, Hike Jonathan Dickinson State Park

Tuesday: Nunchaku & Hobe Sound Nature Center, Beach & Fishing trip

Wednesday: Bag Work, **Sparring Class & Riverbend Park Treasure Hunt**

Thursday: Samurai Training Day, Loggerhead Park Visit & Juno Beach

Friday: Cardio Kickbox Workout & Sailfin Splash Water Park.

SUMMER CAMP WEEK 7: 7/21-7/25

ONLY 8 Full Timers allowed all ranks

“BEST CAMP EVER COMBO#2- TRAIN LIKE A PD BLACK BELT 2



WEEK #4 & #7 Train like a Purple Dragon Black Belt

This week involves a comprehensive approach that includes physical conditioning, technical skills, mental discipline, and a deep understanding of the martial art's philosophy.

Monday July 22nd Day 1. How Black Belts train to condition the Body safely incorporating the Don Jitsu Ryu healing style

EARLY MORNING TRAINING AT CORAL COVE BEACH

- **Strength and Endurance Training:** Incorporate strength training exercises (like push-ups, squats, and weightlifting) and cardiovascular workouts (running, swimming, or cycling) to enhance overall fitness and stamina.

Flexibility: Stretch daily to improve flexibility and reduce the risk of injury. Yoga and dynamic stretching routines are beneficial.

Tuesday July 23rd Day 2. Understand the Don Jitsu Ryu Philosophy and Purple Dragon Etiquette

Morning Sprint CARLIN PARK & KATAS

The Philosophy of Don Jitsu Ryu : Study and Learn the principles and philosophy of Purple Dragon and Don Jitsu Ryu System. Understand the values of respect, discipline, and humility.

- **Etiquette and Tradition:** Follow the dojo's rules and traditions. Always show respect to instructors, fellow students, and the training environment.

Training with these steps built into your training routine will help you develop the skills, strength, endurance and mindset needed to train like and become a Purple Dragon Black Belt

Wednesday July 23rd Day 3. Mastering the Basics of Don Jitsu Ryu Standard Style

Japanese Brush Painting Your name in Japanese

Hike Frenchman's Natural Forrest area

- **Practice Fundamental Techniques:** Ensure you have a solid grasp of basic strikes, blocks, kicks, and stances. Practice these techniques regularly to build muscle memory and precision.

Block Routines, Kata for all the forms. : Perform katas (pre-arranged forms) with focus and intention. Katas help in understanding movement patterns, balance, and flow.

Thursday July 24th Day 4. Mental & Emotional Discipline of Don Jitsu Ryu

**Jupiter Library, Martial Arts Research Project: Why do I want to be a Black Belt?
What am I going to do with it when I get it?**

- **Meditation and Mindfulness:** Incorporate meditation practices to develop focus, calmness, and mental clarity. Being mentally prepared is as important as physical readiness.
 - Bunkai: Mental Prep and execution.
- **Emotional Control:** Learn to maintain composure and control emotions, especially under pressure. This helps in making better decisions during training and combat.

Friday July 26th Day 5. Sparring, Bag Work and Self-Defense

JD Park: Kitchin Creek Loop

- **Controlled Sparring:** Engage in sparring sessions to apply techniques in real-time scenarios. Focus on control, speed, and strategy rather than power.
 - **Bag work, Makiwara :** Skills, Drills and Trees

**Self-Defense Techniques and Drills: Practice self-defense techniques regularly.
Simulate real-life scenarios to build confidence and reflexes.**