



# PURPLE DRAGON KARATE

Academy of Don Jitsu Ryu

**561-307-2516**

**150N US1, Suite 9 Tequesta, FL, 33469**

**WWW.PURPLEDRAGONSOFFLO.COM**

## Martial Arts Summer Camp

June 1<sup>st</sup> through July 25<sup>h</sup>

- Daily Don Jitsu Ryu training: focus, discipline, confidence, fitness and self-defense fundamentals
  - Weekly themes: weapons, water days, black belt training, teamwork challenges
  - Local adventures and special activity days (parks, hikes, library projects, and more)
  - Purple Dragon culture: safety, respect, and strong leadership—no ego, no bullying
- Meals & Snacks • Lunch is not included (pack a lunch). • Afternoon snack is included. • Water bottle required daily

### Camp Registration Form 2026



Camper Name \_\_\_\_\_ Age: \_\_\_\_\_ Rank \_\_\_\_\_

Address :

Parents name

Contact #'s

Contact Email: \_\_\_\_\_

Any allergies, medical or other concerns \_\_\_\_\_

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**Tuition (2026) — This is a Premium Small Group Martial Arts Day Camp**

**SUMMER CAMP WEEK 1 6/1st-5<sup>th</sup> Ways of DJR Discipline and 20 Fighting Styles** \_\_\_\_\_

**SUMMER CAMP WEEK 2 6/8<sup>th</sup> - 12<sup>th</sup> Way of the DJR Warriors 1** \_\_\_\_\_

**SUMMER CAMP WEEK 3 6/15<sup>th</sup> – 19<sup>th</sup> Water World 1(The DJR Way & Discipline of Water)** \_\_\_\_\_

**SUMMER CAMP WEEK 4 : 6/22<sup>rd</sup>- 26<sup>th</sup> Train like A PD Black Belt 1** \_\_\_\_\_

**SUMMER CAMP WEEK 5 : 7/6<sup>th</sup> -10<sup>th</sup> Way of the DJR Warrior 2** \_\_\_\_\_

**SUMMER CAMP WEEK 6 : 7/13<sup>th</sup> -17<sup>th</sup> COMBO Week #1: Water, Weapons & Workouts** \_\_\_\_\_

**SUMMER CAMP Bonus WEEK 7: 7/20<sup>th</sup> - 7/24<sup>th</sup> Train LIKE A PD BLACK BELT TOO** \_\_\_\_\_

**Full Time/Wk \$385 \_\_\_\_\_ ½ Days Full Week \$275 \_\_\_\_\_ Full Day \$175: \_\_\_\_\_**

**\$ \_\_\_\_\_ X # OF WEEKS \_\_\_\_\_ = \_\_\_\_\_**

**10% Early Bird Discounts if Registered 2 Weeks Prior \_\_\_\_\_**

**Cash/Check/CC on file are 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. Some weeks include offsite activities. Parent permission is required. And I give permission for my child to participate in approved offsite activities.

**Parent CONSENT: \_\_\_\_\_ Date: \_\_\_\_\_**



## **Summer Camp: Week 1: 6/1-6/5**

### **Ways of DJR, Discipline and Sparring**

**Monday: Bag Work, Sparring, Games, Respect & Carlin Park Stations workout.**

**Tuesday: The Practice of DJR Discipline, Sparring, Visit Teq or Hobe Sound Library**

Wednesday: Weights, Resistance & Balloon Training. Hobe Sound trail Zeus Park.

Thursday : DJR Standard Style X ray Paper Drills and Practice with Bean Sock. Hike at JD State Park & Treasure Hunt Geo Cache.

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

Dojo Scavenger Hunt, Juno Park Hike and Juno Beach Trip

## **Summer Camp Week 2: 6/8-6/12**

### **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. Walk Frenchman's Reserve PBG

Tuesday: Nunchaku Warrior, (Teq Rec Centre Demo) TBD & 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 : 06/15-06/19**

### **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 : 6/22-6/26**

### **Train Like a Purple Dragon Black Belt**

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

**Tuesday July 23<sup>rd</sup> Day 2. Understand the Don Jitsu Ryu Philosophy and Purple Dragon Etiquette**

**Wednesday July 23<sup>rd</sup> Day 3. Mastering the Basics of Don Jitsu Ryu Standard Style.**

Thursday July 24<sup>th</sup> 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: 7/4-7/10**

### **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: 7/13-7/17**

### **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.**

## Final SUMMER CAMP WEEK 7: 7/20-7/24

ONLY 6 Full Timers allowed all ranks

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



### **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 Don Jitsu Ryu Martial art's philosophy.

**Monday July 20th 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 RUN**

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

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

**Tuesday July 21st 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 22nd Day 3. Mastering the Basics of Don Jitsu Ryu Standard Style

### Japanese Brush Painting Your name in Japanese

#### Hike Frenchman's Natural Forrested 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 23<sup>rd</sup> 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 25<sup>th</sup> 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.**