



TEAM MMK **CAMP**

2023 MMK TRAINING CAMP

CHILDREN (7-13), CADETS (14/15), JUNIORS (16/17)

Dear parents and students

The club will be hosting an elite training camp for all Team MMK and West Rand Squad members in March. This will act as our elite squad's preparation for the 2023 Season and final camp before the 2023 Jnr Nationals which takes place between the 16th -19th March 2023. Please make sure that you read the following information carefully regarding you/your child's participation and ensure that the following matters are addressed.

CAMP INFORMATION

VENUE: Morgan Moss Karate & Sports Conditioning Centre
DATE: Saturday, 11 March 2023 – Sunday, 12 March 2023
COST: The cost of the camp is R250 and is payable in cash on or before the day of the camp. NO EFT. Payment after the camp will be R 300.
DRESS: Full karate suit (Gi) and belt, running shoes, cap, T-shirt, shorts, full equipment
TIME: Saturday **(07:30-12:00)**, Sunday **(08:00-10:00)**

Saturday

07:30 – 09:00 Cadets & Juniors

09:15 – 10:45 ALL (Children – Juniors)

11:00 – 12:00 ALL (Children – Juniors)

Sunday

08:00 – 10:00 ALL (Children – Juniors)

Important Dates:

MAR 11/12 MMK ELITE TRAINING CAMP (CHILDREN - JUNIOR)

MAR 17-19 KSA NATIONALS, CHILDRENS, CADETS, JUNIORS, KZN

APRIL 7-9 MMK TOUR TO BOTSWANA

Morgan Moss (5th Dan)

BA Hons Sport Science (UJ), BA Child and Family Psychology (UJ), BA Sport Psychology (UJ), Sport Nutrition and Supplementation (HFPA), Sport Massage Therapy (HFPA), Level 3 First Aid (First on Scene), Instructors Diploma (IBA), World Karate Federation Accredited Coach (WKF), World Karate Federation Kata & Kumite License (WKF)
Affiliated to: Goju-Ryu Seiwakai International, Morgan Moss Karate International (MMKI), West Rand Karate Federation, Gauteng Karate Federation, Karate South Africa (KSA), Union of African Karate Federations (UFAK), World Karate Federation (WKF), African Goju-Ryu Karate Federation (AGKF), World Goju-Ryu Karate Federation (WGKF)



TEAM MMK CAMP

CHAMPIONS



MORGAN MOSS KARATE
INTERNATIONAL



MMK TRAINING CAMP

11/12 March 2023

High Performance Prep

R 250



CONDUCTED
BY: M
MOSS

who CHILDREN (7-13), CADETS (14/15), JUNIORS (16/17) & SENIORS (18+)

where Morgan Moss Karate & Sports Conditioning Centre

dress Full karate suit (Gi) and belt, running shoes, cap, T-shirt, shorts, full equipment

info@mmki-karate.com

www.mmki-karate.com

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