



# **TEAM MMK** **CAMP**

## **2023 MMK TRAINING CAMP**

### **CHILDREN (7-13), CADETS (14/15), JUNIORS (16/17), SENIORS (18+) & VETERANS/MASTERS**

Dear parents and students

The club will be hosting an elite training camp for all Team MMK and West Rand Squad members in February. This will act as our elite squads beginning stages of preparation for the 2023 Season and final camp before the 2023 Gauteng Trials which takes place on the 17<sup>th</sup> February 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, 4 February 2023 – Sunday, 5 February 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 **(07:00-12:15)**, Sunday **(08:00-13:45)**

#### Saturday

07:00 – 08:30 Cadets, Juniors & Seniors Only

08:45 – 10:15 ALL (Children – Seniors)

10:45 – 12:15 ALL (Children – Seniors)

#### Sunday

08:00 – 09:45 Children

10:00 – 12:00 Cadets, Juniors & Seniors

12:30 – 13:45 Kata (Kata Athletes Only)

#### **Important Dates:**

FEB 17-19 GKF TRIALS, JOHANNESBURG

MAR 3-5 KSA NATIONALS, u/21, SENIORS, VETERANS, PE

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 (5<sup>th</sup> 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

4/5 February 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