



INTEGRITY MARTIAL ARTS

TAEKWONDO • JUDO • HAPKIDO

Summer Training Camp – Saturday June 20th, 2026

Martial arts training camp is a special opportunity for students to camp, train, bond, and study with their fellow classmates and practice martial arts in a different environment than the classroom. Training will include multiple varied Taekwondo workouts where students will practice self-defense, play martial arts games, and have fun.

Schedule

Liberty Park Workout

(Open Field, Shade, Pool)

11:45 am - 12:00 pm – Arrive at Liberty Park

12:00 pm - 2:00 pm - (Includes Taekwondo, Staff/Nunchucks Training, and Squir Gun Defense/Fights)

2:10 pm - 3:10 pm – Martial Arts Swimming Training and Freestyle (Includes Forms, Strikes/Kicks)

3:15 pm - 3:30 pm – Drive to Dishman Hills

Dishman Hills Workout

(Open Field, Shade on Hiking Trails Everyone Can Do, Nice View)

3:30 pm – 3:45 pm – Arrive at Dishman Hills Main Parking Lot

3:45pm – 4:00pm - Snacks

4:00 pm – 5:00 pm – Martial Arts Training

5:00 pm – 5:45 pm – Dinner

5:45 pm – 7:45 pm – Martial Arts Hiking/Training/Workout (Includes Hike To The Top Of The Mountain)

7:45pm – 8:45pm - Martial Arts Review, Obstacle Course, and, Situational

8:45 pm – 9:15 pm – Games (Kickball/Soccer/Vote) / Fun Martial Arts In The Dark

Don't miss out on:

- Gun defense with squirt guns
- Squir gun fight
- Weapons training
- Forms in the water
- Swimming
- Hiking/Cave/Mountain Top
- Ice Cream/Pizza/Popsicles!
- Games
- Self Defense Situational
- Having fun!

Will be provided:

- ~10 hours of training and fun
- Food/Water
- Training equipment provided
- Multiple instructors
- Car pool transportation to Dishman
- Sunscreen, if needed
- ¼ of the cost of babysitting

Not Included:

- Bring your uniform
- Bring your swimsuit
- Bring a pair of normal clothes
- Please bring and apply sunscreen
- Parents should be around the area and available to help if your child has special needs or your child is 4-6 years old

Day Camp Fee for One Student = \$70.00

A \$10 family discount for each additional student after the first student

Sign up at www.SpokaneMartialArts.com/2026Camp.html

Wednesday 6/17 is the last day to sign up

Eat lunch on your own before the event. Arrive in TKD uniform. Bring swimsuit and normal clothes.

Mission Park Workout

(Open Field, Shade, Pool)

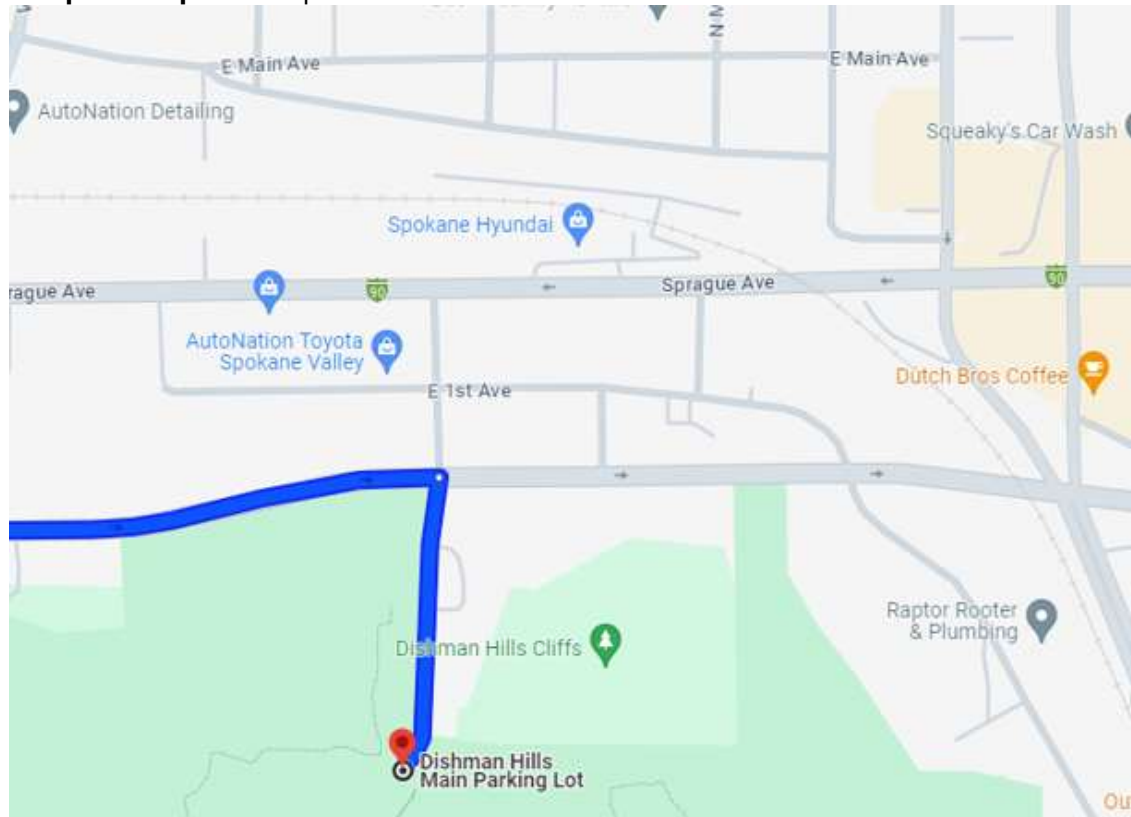
11:45 am - 12:00 pm – Arrive at Liberty Park



Dishman Hills Arrival and Pickup spot

3:30 pm - 3:45 pm – Arrive at Dishman Hills Main Parking Lot

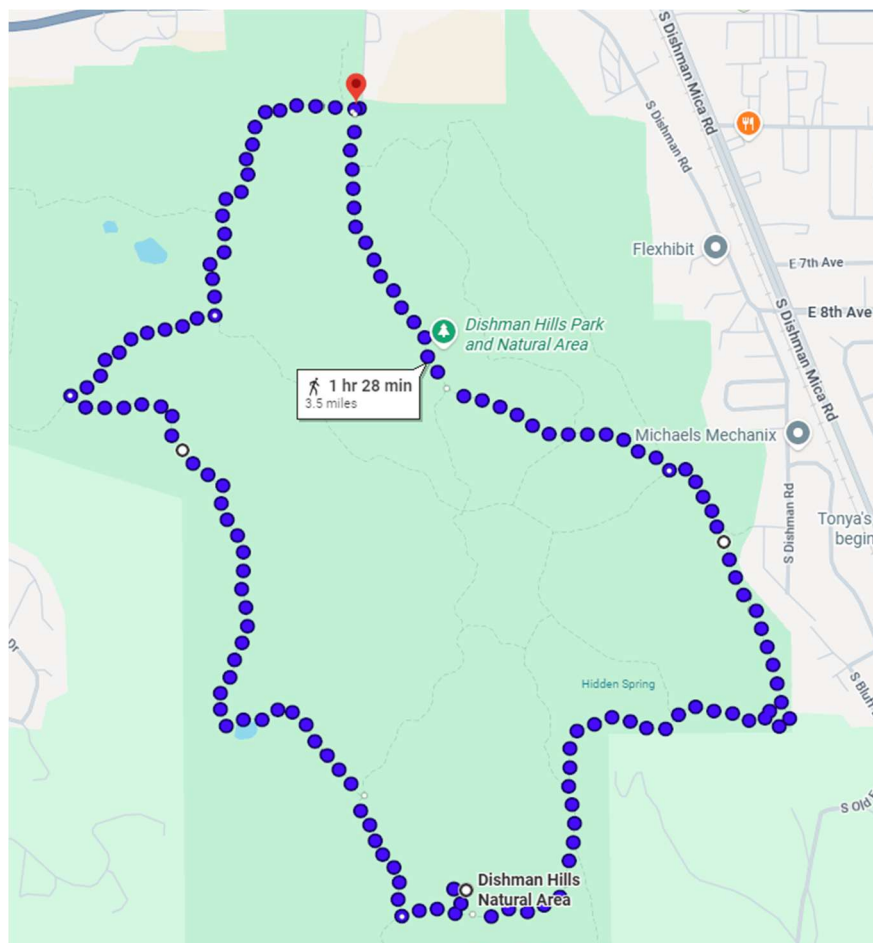
9:15 pm - 9:30pm – Pickup



Easy .9 Mile Hike (1.8 miles Round Trip) Address: 9403 E 12th Ave



Standard Hike 1.75 Miles (3.5 Round Trip) Address: Dishman Hills Main Parking Lot



SUMMER TRAINING CAMP

SATURDAY • JUNE 20TH, 2026



LIBERTY PARK WORKOUT (OPEN FIELD, SHADE, POOL)

11:45 AM - 12:00 PM Arrive at Liberty Park

12:00 PM - 2:00 PM

Includes Taekwondo, Staff/Nunchucks Training, and Squirt Gun Defense/Fights)

2:10 PM - 3:10 PM

Martial Arts Swimming Training and Freestyle (Includes Forms, Strikes/Kicks)

3:15 PM - 3:30 PM Drive to Dishman Hills

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TRAIN HARD.
HAVE FUN.
BE STRONG.

DISHMAN HILLS WORKOUT (OPEN FIELD, SHADE ON HIKING TRAILS EVERYONE CAN DO, NICE VIEW)

3:30 PM - 3:45 PM Arrive at Dishman Hills Main Parking Lot

3:45 PM - 4:00 PM Snacks

4:00 PM - 5:00 PM Martial Arts Training

5:00 PM - 5:45 PM Dinner

5:45 PM - 7:45 PM Martial Arts Hiking/Training/Workout
(Includes Hike To The Top Of The Mountain)

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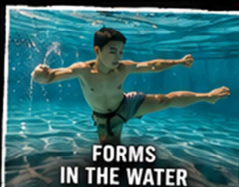
8:45 PM - 9:15 PM Games (Kickball/Soccer/Vote) /
Fun Martial Arts In The Dark



GUN DEFENSE
WITH SQUIRT GUNS



WEAPONS
TRAINING



FORMS
IN THE WATER



SWIMMING



DAY CAMP FEE
FOR ONE STUDENT = \$70.00

A \$10 FAMILY DISCOUNT FOR EACH
ADDITIONAL STUDENT AFTER THE FIRST STUDENT



WEDNESDAY 6/17
IS THE LAST DAY TO SIGN UP

SIGN UP AT:

www.SpokaneMartialArts.com/2026Camp



WILL BE PROVIDED:

- ~10 hours of training and fun
- Food/Water
- Training equipment provided
- Multiple instructors
- Car pool transportation to Dishman
- Sunscreen, if needed
- 1/4 of the cost of babysitting



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★ WHAT YOU'LL EXPERIENCE! ★



GUN DEFENSE
WITH SQUIRT GUNS



WEAPONS
TRAINING



FORMS
IN THE WATER



SWIMMING



HIKING / CAVE /
MOUNTAIN TOP



ICE CREAM /
PIZZA / POPSICLES!



GAMES



SELF DEFENSE
SITUATIONAL