



CAMP VOYAGES

SHOTOKAN KARATE

About Shotokan Karate

Shotokan Karate is a method of weaponless combat in which the opponents utilize the techniques of blocking, punching, striking, and kicking for the purpose of self-defense. Karate training consists of three parts:

- **Kihon (or fundamentals):** Basic techniques of stances, blocks, punches, strikes, kicks and body-shifting skills are learned during this phase of practice.
- **Kata (or formal exercises):** These are formal exercises of martial arts that have been passed down from past generations. Kata consist of prearranged techniques of defense and counterattack executed against imaginary opponents. Their purpose is to develop precision movement and smooth transitions through the various techniques as well as to expand the student's familiarity with the almost infinite possibilities for their application.
- **Kumite (or free-fighting):** Sparring is an exercise mimicking actual combat. It is an opportunity for two students who wish to sharpen reflexive application of techniques by using correct distance and timing. Safety is stressed, in that all techniques are stopped just short of contact.

The Japanese word “Karate-Do” translates as “the way of empty-hand fighting.” The base word, “kara” reflects not only empty-hand or weaponless fighting, but also the state of the “empty mind” (mushin) which is sought after through disciplined training.



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Art

Ages 4 - 7

Students will be challenged to explore many different artistic mediums and to participate in numerous creative methods. Over the course of three weeks we will create multiple art projects concentrating on a unified theme, daily looking at the work of “great” artists, and discussing our projects and why it is important for us to make “great” art.

Week 1

ALL ABOUT ME

- **Masks.** Students will explore the purposes of masks from around the world. They will study the influences of masks and how it can be used to describe a feeling, idea, or character. Students will create a self-portrait mask out of clay with paint and embellishments.
- **Rainbow Fish.** Students will hear a story about the rainbow fish and discuss how special and unique every person is. The students will make their own rainbow fish using cut out paper and objects.
- **Don't Show and Tell... Yet.** Students will bring an object from home that best describes their personality (i.e. favorite hobby, toy, memorabilia). Students will attempt to best portray their object through a drawing using pencil, crayon, and paper. The class will then guess what the object is based on the drawing.

Week 2

GOING GREEN

- **Water Bottle Vase.** Students will learn about recycled art by using everyday objects to create beautiful pieces of artwork. Students will decorate recycled water bottles into a colorful pattern using tissue papers and glue.
- **Bookmaking.** Students will learn about the art of bookmaking by creating a sketchbook using recycled cardboard and paper. The process includes binding, folding, and designing covers for the book.
- **CD Scratch-Art.** Students will create a scratch board sun-catcher using acrylic paint and old cds. Students will look at different patterns and designs from Buddhist Mandalas which focus on color, line, and symmetry

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French Cooking and Baking

Ages 4 - 7

Kids love to cook and bake! They have a natural affinity toward it because they get instant gratification.

With French Communication Institute's cooking and baking classes, students have the opportunity to use their sense of creativity and other skills that go beyond basic food preparation and the joy of eating. There's color, texture, mathematics, hand-eye coordination and time, planning, organizational skills.

Participants will enjoy making and eating the following dishes:

Week 1:

- Monday - Quatre-Quarts au Citron (Lemon pound cake)
- Tuesday - Omelette aux pommes de terre (Potato omelette)
- Wednesday - Crêpes au Nutella (French pancakes with hazelnut chocolate spread)
- Thursday - Tarte à la Moutarde (Mustard tart)

Week 2:

- Monday - Tarte Tatin (Upside down apple pie)
- Tuesday - Gâteau au yaourt (Yogurt cake)
- Wednesday - Quiche au fromage (Cheese quiche)
- Thursday - Crêpes au citron (French pancakes with lemon juice)

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Dance ages 8 - 14

This class will expose students to a wide variety of dance styles. Each class session will have a warm-up to prepare for the movement of the day. Students will learn the basic movements of the style, learn more about what their own body is capable, perform sequences for each other, express their individuality, and have fun dancing together.

Week 4: Creative Movement and Social Dance

- movement activities to express self, get to know each other, and practice moving safely together
- creative movement warm-up
- learn basics of several social dances: waltz, polka, swing, line

Week 5: Ballet and Modern Dance

- learn and use ballet basics as a warm-up
- learn basic terminology of ballet as it applies to ballet and modern dance
- learn, develop, and perform modern dance sequence

Week 6: Hip Hop and Review

- warm up with hip hop basics
- learn, develop, and perform a hip hop sequence
- review and expand on favorite earlier styles

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Dance ages 4 - 7

This class will expose students to a wide variety of dance styles. Each class session will have a warm-up to prepare for the movement of the day as well as opportunities for expressing one's own creativity through movement. Students will learn the basic movements of the style, learn more about what their own body is capable, perform sequences for each other, express their individuality, and have fun dancing together.

Week 7: Creative Movement and Social Dance

- Creative Movement and Social Dance
- movement activities to express self, get to know each other, and practice moving safely together
- creative movement warm-up
- learn basics of several social dances: waltz, polka, swing, line

Week 8: Creative Movement and Ballet

- learn and use ballet basics as a warm-up
- learn basic terminology of ballet
- learn, develop, and perform a ballet sequence
- use ballet movement for own creative movement expression

Week 9: Creative Movement, Hip Hop and Review

- warm up with creative movement and hip hop basics
- learn, develop, and perform a hip hop sequence
- review and expand on favorite earlier styles

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Fencing

Does your child find other sports lacking in mental stimulation? Is your child focused, but has difficulty with team sports? Then our Fencing program may be just the class you're looking for ...

Your child will gain many benefits from this Olympic Sport, including:

- Improved eye-hand coordination and reflexes
- Enhanced speed and dexterity
- Develop a stronger sense of timing and precision
- Become educated in the physics, history, strategies and tactics of this sport coined "Physical Chess"

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Reading and Math

In order to provide skills practice at the appropriate level, an evaluation in reading and math will be given on the first day of class to each student.

In the reading class, students will develop and refine their skills with comprehension exercises, vocabulary development, decoding exercises and reference materials.

The format of the math program will focus on solving problems and developing efficient and effective strategies to solve those problems. Some of the themes students will be taught are:

- steps to solve equations
- multiplication/division facts up to the twelve
- subtract and add
- multiplying with several digits multipliers
- decimals
- place value
- algebra
- geometry
- logic
- fractions

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Science ages 4 - 7

Week 4:

Monday: Energy- Students will explore what energy is and the multiple kinds of it. Students will explore different kinds of energy can be transformed from one to another including kinetic, thermal, electrical, chemical, potential and stored.

Tuesday: Human Body- Students will discover how nutrients in the food we eat are digested and converted into the energy that keeps us on the move. We'll learn how our muscles work, and what our blood actually accomplishes as it flows through our veins and arteries.

Wednesday: Students will explore the parts of a plant and flower. They will learn about what they need to survive and how similar they are to us humans.

Thursday: Weather- Where does our weather come from, and what factors make it a sunny day or a blustery one is what our students will discover in this class. We will touch on the basic rainy and windy days, sunny humid days, and go all the way into twisters and hurricanes.”

Week 5:

Monday: Solar System- Students will explore multiple parts of the solar system, such as the different planets, sun, and the moon. Where they are located and how much we know about them. They will create their own solar system or planet of their choice.

Tuesday: Life in Space- Students enter “astronaut training” to explore the challenges of living and working in space. Students become “satellites” to communicate findings back to earth.

Wednesday: Motion and Machines- Students will investigate the basic physics of motion in this interactive show. We'll use rubber balls, bricks and wooden blocks to introduce Newton's Laws of Motion.

Thursday: Electricity- Students will explore static and current electricity. Watch as electricity travels through the air to power fluorescent light bulbs — turning students into a human “circuit”.

Week 6:

Monday & Tuesday: Properties of Water- Students will discover the three physical properties of water-solid, liquid and gas. They will classify materials as solids, liquids, and gases and experiment all three properties through hands on and discussion of the water cycle.

Wednesday & Thursday: States of Matter- Students will investigate molecules as we explore the three states of matter. Make balloons shrink, bubbles freeze and other cool experiments as they investigate the three states of matter.

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Science ages 8 - 14

Week 4:

Monday: Energy- Students will explore what energy is and the multiple kinds of it. Students will explore different kinds of energy can be transformed from one to another including kinetic, thermal, electrical, chemical, potential and stored.

Tuesday: Human Body- Students will discover how nutrients in the food we eat are digested and converted into the energy that keeps us on the move. We'll learn how our muscles work, and what our blood actually accomplishes as it flows through our veins and arteries.

Wednesday: Weather- Where does our weather come from, and what factors make it a sunny day or a blustery one is what our students will discover in this class. We will touch on the basic rainy and windy days, sunny humid days, and go all the way into twisters and hurricanes.”

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French Communication Institute's Summer Sports Program includes a solid schedule in the fundamentals of technique instruction, team development and injury prevention in the respective sports.

Individual attention and daily competition will allow each camper to develop his or her skills as well as encourage his or her sense of enjoyment.

French Communication Institute's Summer Sports Program will offer the following sports:

- Ultimate Frisbee
- Flag Football
- Tennis
- Baseball & Softball
- Soccer
- Basketball
- Kickball
- Track & Field

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Participants will enjoy making and eating the following dishes:

Week 7:

- Monday - Quatre-Quarts au Citron (Lemon pound cake)
- Tuesday - Omelette aux pommes de terre (Potato omelette)
- Wednesday - Crêpes au Nutella (French pancakes with hazelnut chocolate spread)

Week 8:

- Monday - Tarte fine aux pommes (Thin apple pie)
- Tuesday - Quiche au fromage (Cheese quiche)

Week 9:

- Monday - Gratin Dauphinois (Potato gratin)
- Tuesday - Tarte à la Moutarde (Mustard tart)

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Theater Games: We will learn a wide variety of theater games as ice breakers and use them to establish our ensemble. We will explore how to use energy, attention, rhythm, eye contact, sound, silliness, stillness, and more, as performing artists.

Movement: Mason will draw from his experience as a martial artist and dancer to investigate how to use the body in performance. We will transform into different characters, play with blocking and choreography, practice responding to other bodies, learn basic stage combat and martial art techniques.

Acting: How do you decide what to do as an actor? What makes it believable? We will experiment with scripted work and storytelling. Developing the bravery required to take action on stage, the imagination to enter into different characters and situations, and the quality of attention necessary for working with other live performers.

Voice for the Actor: Your voice is your instrument. You want it to be healthy, expressive, versatile, and you want to have fun using it! The focus will be on the speaking voice, but singers will benefit from the work we will do to connect to our breath and bodies. Mason will teach vocal warmups, good speech, yoga, and other stretching and strengthening approaches.

Improvisation: We will nurture our creative impulses, and practice being spontaneous and skillful simultaneously. If you can surprise yourself, you can surprise an audience, and no one will be able to take their eyes off of you. We will learn how to make each other laugh with comedic improvisation, and become better performers, art makers, and creative thinkers as we make something out of nothing.

Creating: Each student will have the opportunity to cultivate their own original artistic voice. Mason will introduce the skills necessary for creating original performance material, and we will learn how to translate our ideas into works of art. Learning how to talk constructively about other artists' creations will also be a big part of this section.

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WEEK 4: 3D ART

- **Clay Pots.** Students will create coiled vase pots utilizing simple clay techniques such as slip and score, wedging, coiling, and pinching. Students will decorate the pots using tempera paints and embellishments.
- **Hot Air Balloon.** Students will create their own hot air balloon sculpture using paper-mache techniques. Students will work together in groups to help apply glue, paper, and paint onto the sculpture.

WEEK 5: RE-CREATING ART

- **Art-tercation.** Students will learn about positive and negative space by recreating an image through the use of repetition and overlap. Students will use images found from magazine clippings and altering it by forming a new image.
- **The Scream.** Students will study Edvard Munch’s painting of “The Scream” and learn about how color and line movement can express an emotion or mood. Students will recreate the painting using watercolor and markers. Additionally, students will place themselves in the painting using a digital collage image.

WEEK 6: PAPER ART

- **Symmetry.** The students will create beautiful shapes and designs by studying symmetry in nature. Students will master the art of folding, cutting, and gluing paper to create patterns of symmetry.
- **Stained Glass Tissue paper.** The students will create colorful stained glass artwork using a cut design and tissue paper. Students will focus on pattern, color, symmetry and lines.
- **Animal Mosaic.** Students will learn about mosaics and patterning by creating a mosaic using paper tiles. Students will choose an animal stencil and fill the space using colorful paper tiles and glue.

WEEK 7: THE ART OF BOOKMAKING

- **Book Covers.** Students will design book covers by creating their own marbled paper. Students will learn how to dye paper using water and paint.
- **Book Binding.** Students will learn how to bind a book using the accordion book process. Students will cut, fold, and glue paper together to create their own sketchbooks.

WEEK 8: LANDSCAPE PAINTING

- **Landscape Wax Resist.** The students will look at different scenic landscapes and create a landscape painting of their own using the wax resist process. Materials include crayons and watercolor.

WEEK 9: ART AND GAMES

- **Clay Wars.** Students will learn about the basic hand building techniques with clay. All students will have an equal amount of clay, and compete to sculpt items, such as: the tallest structure without falling over, the most perfect sphere, the longest single rope coil, the most realistic animal, the funniest face, etc.
- **Title and Artwork/Pictionary.** Students will play a game of match by looking at famous paintings and artworks while guessing their titles. Additionally, the students will compete in a classic art game of Pictionary as a player must draw a word and have their teammates guessing correctly.
- **Artist Trading Cards.** Students will be able to design their own trading cards with various mediums including pencil, markers, crayons, paint, or collage. The cards are usually traded or exchanged with other people.