

**MILE HIGH ELITE KARATE
CAMP with TOM SCOTT**



MAY 29TH-31ST!
Embassy Suites, Loveland Co.
Camp Will Include:

Karate Training with Tom Scott

(7 time) USA-NKF National Champion
(3 time) USA Open Champion
(4 time) North American Cup Champion
(2 time) PAN AMERICAN KARATE Champion
(2 time) Wado Sr. World Champion
*WKC JR. World Champion
*WADO JR. World Champion
*2012 USA Team Captain Pan American Karate Championships
*First Athlete in 10 Years to Win Gold in kilo and open weight categories.

These are just a few of the many reasons to train with such an athlete as Tom. Learn, work and absorb what it takes to get to the top!

Sports Performance Training

With Mike Bevins, CPT. Mike has trained athletes from High School to NFL. Mike was a past USA Karate Team Member, veteran fighter and WIKF World Kumite Champion just to name a few.

Sports Performance Training will include:

- Group training at altitude in beautiful Red Rocks Amphitheatre
**Uniform and Kumite gear is required. Shorts, t-shirt, water bottle and protective gloves are suggested for Red Rocks training.

- Group training at Work Out West Campus which you will:
 - 1) Learn how to cultivate strength, speed and power with range of motion, innovative karate specific weight training techniques.
 - 2) Learn how to use anything from barbells, dumbbells, medicine balls, bands, battle ropes, plyometric boxes to build speed, core strength and power.
 - 3) A free motivational DVD will be handed out that will demonstrate the majority of exercises covered in the training to take home. This will help you continue on your journey to newfound success as an athlete.

Join us for this for this great opportunity to train with one of the world's best fighters!
This Elite Camp will include hands on training with Tom on winning strategies,
techniques and footwork for you to take it to the Gold Metal level!

Schedule

Thursday 29th: Training @ 9-11 am. 2-4 pm. 7-9 pm.
Friday 30th: Training @ 9-11 am. 2-4 pm. 7-9 pm.
Saturday 31st: Training @ *9-11 am. (Group Lunch) *6-8 pm.
*Off site

Open to All Styles 12 years and up!

Three full packed days of training includes transportation to and from remote training areas. Airport transportation will be provided with advanced notification.

Training cost for complete course: \$200.

To register or for more information call Mike Bevins 970-590-2800

Contact info: www.ikarateclub@gmail.com