

Quest 2017

July 17-23



“Don't Just Survive... Thrive!”

- **Where-**

July 17-20: Attitude First Martial Arts 9:00 a.m.- 3:00 p.m.

July 20th: Attitude First Martial Arts 7:00 p.m.

July 21-23 Fisher Cabin – Near Mormon Lake, AZ

Kids will be home about 1:00

- **What's Involved-**

Activities will be held at AFMA. All participants should bring full uniform/equipment.

Wearing shorts & t-shirts to and from training is okay but uniforms will be worn for most training.

Each participant is to bring lunch and snacks. Water will be provided and we will have some snacks for breaks.

Training will consist of 4 hours each day of solid classes. 1 hour break for lunch and 4- 15 minute breaks.

There will be a special activity/presentation on Thursday night- Family and Friends are invited to attend!

Friday Morning-

9:00 a.m. Leave for Cabin

Camping requirements will be given to participants on first day of camp (Monday)

All Food and Drinks will be provided for participants.

Saturday

Games, Hiking, Cookout, Camping

- **How to Enroll-**

Complete the registration form or go to www.attitudefirst.com/quest and complete the online form.

If you have more questions please feel free to contact us at info@attitudefirst.com

Cost-

AFMAA Members: \$155.00 (Additional Family Members Save 10%)

Non- AFMAA Members: \$175.00 (Additional Family Members Save 10%)

Rates increase by \$20.00 After July 6

Follow us on Facebook

<https://www.facebook.com/AFMartialArts>



Attitude First Martial Arts

3530 W. Yorkshire Dr

Glendale, AZ 85308

623-547-5337



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1st Participant

Name Age Rank Rate \$

Address City Zip

Phone Email

2nd Participant

Name Age Rank Rate \$

3rd Participant

Name Age Rank Rate \$

4th Participant

Name Age Rank Rate \$

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