

# AMERICAN INSTITUTE OF KENPO

拳法空手



龍虎精神

## 2025

## SATURDAY, DECEMBER 20TH WINTER TRAINING CAMP

I, THE UNDERSIGNED, DO VOLUNTARILY SUBMIT MY APPLICATION FOR ATTENDANCE AND PARTICIPATION IN THE MARTIAL ARTS INSTRUCTION AND ACTIVITIES RELATED TO THAT INSTRUCTION AT ANY OF THE AMERICAN INSTITUTE OF KENPO FACILITIES.

I DO HEREBY ASSUME FULL RESPONSIBILITY FOR ANY AND ALL DAMAGES, INJURIES, OR LOSSES THAT I MAY SUSTAIN OR INCUR, IF ANY, WHILE ATTENDING OR PARTICIPATING IN ANY ACTIVITIES SPONSORED, WHOLE OR IN PART, BY THE AMERICAN INSTITUTE OF KENPO. I HEREBY WAIVE ALL CLAIMS AGAINST THE PROMOTER, OPERATOR, OR SPONSORS OF ANY OF THE ABOVE ACTIVITIES, FOR ANY CLAIM FOR INJURIES THAT I MAY SUSTAIN.

I FULLY UNDERSTAND THAT ANY MEDICAL TREATMENT GIVEN TO ME WILL BE FIRST-AID TYPE TREATMENT ONLY.

I FURTHER CONSENT THAT ANY PICTURES FURNISHED BY ME OR ANY PICTURES TAKEN OF ME IN CONNECTION WITH ANY THE AMERICAN INSTITUTE OF KENPO ACTIVITIES CAN BE USED FOR PUBLICITY, PROMOTION OR TELEVISION SHOWING, AND I WAIVE COMPENSATION IN REGARD THEREOF.

IF UNDER THE AGE OF 18, THIS RELEASE AND CONSENT TO, ALSO MUST BE SIGNED BY PARENT OR GUARDIAN.

Participant's Name: \_\_\_\_\_

(Participant's)

Age: \_\_\_\_\_ Signature: \_\_\_\_\_

Guardian/Emergency Name: \_\_\_\_\_

(Guardian/Emergency)

(Guardian)

Phone: \_\_\_\_\_ Signature: \_\_\_\_\_

### CAMP REGISTRATION

Amount	Program
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<input type="checkbox"/> \$125.00	Senior Ranks
<input type="checkbox"/> \$65.00	Junior Ranks

### CAMP SHIRTS \$40<sup>each</sup>

Quantity	Size
_____	Child Small
_____	Child Medium
_____	Child Large
_____	Adult Small
_____	Adult Medium
_____	Adult Large
_____	Adult X-Large
_____	Adult XX-Large
_____	Adult XXX-Large

Shirts must be ordered prior to:  
November 1st, 2023

### PAYMENTS

All payments must be processed  
through AIK 520-744-9004

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### SATURDAY, DECEMBER 20TH WINTER TRAINING CAMP

**Mike & Heather Winkeljohn**

**Jackson Wink MMA Academy  
Smart Girl Self Defense**

This year, we find ourselves in an exceptional situation. Mike and Heather Winkeljohn will be our featured instructors.

#### Mike Winkeljohn

Mike Winkeljohn is one of the most sought-after coaches in the world of Mixed Martial Arts today.

In 2018, Mr. Winkeljohn was awarded and was recognized as an 8th Degree Black Belt (Associate Master of the Arts) by Sigung Stephen LaBounty, Bob White, John Sepulveda, and Lee Wedlake. Mr. Winkeljohn is a multiple time ISKA, Kickboxing, and Muay Thai World Champion in various organizations. He is the coach to some of the best athletes to ever grace the sport of Mixed Martial Arts. Mr. Winkeljohn is a world class practitioner and trainer of champions in the disciplines of Boxing, Kickboxing, Muay Thai, MMA, and Kenpo Karate. He was recognized as an elite coach and mentor, cultivating superior fighting capability.

Mr. Winkeljohn and his wife Heather have created a very successful Smart Girl Self Defense program, where women from all walks of life get together and learn practical Martial Arts techniques from some of the best instructors in the world. Mr Winkeljohn and his wife Heather Winkeljohn created this program and have been successfully running it for over 10 years.

#### Heather Winkeljohn

Heather Winkeljohn has been teaching all ages and abilities in fitness and self-defense for several years.

#### Senior Ranks Seminar

9:00am-12:00pm

#### Junior Ranks Seminar

2:00pm-3:00pm

Itinerary Is Subject To Change without Notification

Heather is a Registered Nurse with a BSN and holds two degrees in Education and Psychology. She learned Jiu Jitsu in the early 90's and continued her martial arts experience in 2000, by pursuing AKKA (American Kenpo Karate) and grappling.

Heather and her husband, Mike Winkeljohn, put their heads together to create a practical self-defense program for women, Smart Girl Self Defense