

# **WATER & STEEL 2026**

## **CAMP FACILITIES**

---

**\*\* No Pets Allowed \*\***

**\*Remember to bring appropriate clothing for your stay.  
Weather conditions can go from 80 plus degrees to rain.**

- **Group Cabins are outfitted with bunks and mattresses, most offer a full bathroom with shower to be shared with other attendees assigned to that cabin.**

**Pillows, blankets and or sleeping bags are needed**

- **Smaller Cabins are outfitted with bunks and mattresses, they are reserved and assigned to Instructor Staff Only!**

**\* Limited Tent Areas Available**

**\* Limited Wifi**

- **Adjustments are expected, the camp functions on the simple rule of mutual respect!**

**All training sessions are for educational purposes only. There are “no mandatory” training drills, sessions, or matches.**

**This is a training camp, not a fight club!**

- 
- **Use your own personal discretion when it comes to your physical limitation. \***

- ***In 45 years of Training Camps there have been no injuries received or reported, safety rules must be followed to assure the safety of all camp participants!***

***The following items are recommended for the benefit of Training participation only in an effort to learn drills, Skill sets, and for safety.***

***If there is additional personal Equipment you choose to include in this list please do!***

- ***Safety Glasses for stick and knife defense training,***
- ***Boxing Gloves or MMA Gloves***
- ***Two Focus Pads***
- ***Optional Mouth piece – No facial contact is expected***
- ***Groin protection- No groin contact is expected***
- ***Shin pads (if desired)***
- ***Rattan Sticks***
- ***Padded stick for light sparring and drills***
- ***Travel Wrench***
- ***2 Training Knives, Aluminum trainers have no sharp edges or points***
- ***Long Pole - Staff***

***Natural Spirit Int'l Instructional products, DVD's, Knives, Travel Wrench, can be purchased at the camp.***

**If you have Questions don't hesitate to contact us at;**

**[wordendefensesystem@gmail.com](mailto:wordendefensesystem@gmail.com) Telephone:**

**Kelly S. Worden @ 253-678-7658**

**Vivian Worden @ 253-439-7478**

## **Water and Steel 2026 CAMP SCHEDULE**

**Class Times and Schedule are adjustable and subject to Change!**

**\* Some sessions run over!**

---

### **"Go with the Flow!" Friday**

#### **- Day One:**

**Registration Begins ..... Friday at 9:00 a.m.**  
**1<sup>st</sup> Training Session ..... 11:00 to 12:30 p.m.**  
**Lunch Served ..... 12:45 p.m. to 1:30 p.m.**  
**2<sup>nd</sup> Session ..... 2:00 to 3:30 p.m. 3<sup>rd</sup>**  
**Session ..... 3:30 to 5:00 p.m.**  
**Dinner Served ..... 5:30 p.m.**  
**4<sup>th</sup> Session - ..... 7:00 to 9:00 p.m.**

#### **Saturday - Day Two:**

**Breakfast Served ..... 8:00 a.m.**  
**1st Session ..... 9:00 to 10:30 a.m.**  
**2nd Session ..... 10:30 to 12 Noon**  
**Lunch Served ..... 12:30 to 1:30 p.m.**  
**3rd Session ..... 2:00 to 3:30 p.m.**

**4th Session ..... 3:30 to 5:00 p.m. Dinner**

**Served ..... 5:30 p.m.**

**5th Session - ..... 7:00 to 9:00 p.m.**

### **Sunday - Day Three:**

**Breakfast Served ..... 8:00 a.m.**

**1st Session ..... 9:00 to 10:30 a.m. 2nd**

**Session ..... 10:30 to 12:00 Noon**

**Lunch Served ..... 12:00 to 1:15 p.m.**

**All Attendees Clean Cabins, Camp Grounds and Pack Belongings**

**Final Session ..... 2:00 to 3:30 p.m.**

**Camp Facility Closes @ 4:00 p.m.**