



WATER & STEEL 2025



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 44 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**

Telephone:

Kelly S. Worden @ 253-678-7658

Vivian Worden @ 253-439-7478

Water and Steel 2025 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.
1st Training Session..... 11:00 to 12:30 p.m.
Lunch Served 12:45 p.m. to 1:30 p.m.
2nd Session..... 2:00 to 3:30 p.m.
3rd Session 3:30 to 5:00 p.m.
Dinner Served..... 5:30 p.m.
4th 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.