



## UMS TAE KWON DO

# 2018 SPRING CAMP

**DISCIPLINE - RESPECT - RESPONSIBILITY - CONFIDENCE - MOTIVATION**

### Date & Time:

Monday, March 26<sup>th</sup> – Monday, April 2<sup>nd</sup> (6 days)

Drop-off is between 7:30 am – 9:30 am

Pick-up is before 6:30pm

### Details:

1. Must be 5 years old to 12 years old
2. Korean Embassy by appointment.
3. Bring lunch every day **except** Tuesdays.
4. **Field trip with LIMOUSINE....**
5. Chuck E Cheese cost \$20 – include Lunch & Tokens

### Rates include:

Taekwondo classes, Moon Bounce, Breaking Board, Games In-Studio Movies, Exercise, Discipline, Sports Activities, Local Parks, Korean Embassy, Library, **Limousine rides** ...

### Rates do not include:

Field trips to **Chuck E. Cheese** (\$20-Lunch & Tokens)

**Space is limited!!**

For registration or questions: [umsKICK.com](http://umsKICK.com)  
[umsmartialarts@gmail.com](mailto:umsmartialarts@gmail.com) or 703-914-1110



Mason District Park



Korean Embassy

### Prices:

1 Day \$60

5 days (M – F) \$249

6 days (M - M) \$279

10% Discount for additional family members

Registration is free!!



# 2018 UMS Spring Camp Schedule

## Mon. March 26<sup>th</sup>

7:30 am	Drop off campers between 7:30am - 9:30 am Quiet Games & Activities
9:30 am	<b>Taekwondo Camp Begins!</b> Line up on the mat & take attendance. <b>Taekwondo practice</b> – How to ready for the TKD class: Taekwondo Discipline! Kicking, Hand Techniques, obstacle course
11:30 am	Lunch and rest; supervised free time
1:00 pm	Game time! (Arts and Crafts, Music, etc.) Moon bounce
3:15 pm	Practice organize responsible, Clean up, Snack time
3:50 pm	Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up <b>no later than 6:30pm</b>

## Tue. March 27<sup>th</sup>

7:30 am	Drop off campers between 7:30am - 9:30 am Quiet Games & Activities
9:30 am	<b>Go on the mat, Attendance, Taekwondo Camp Begins!</b> Line up on the mat & take attendance. <b>Taekwondo practice</b> – Physical Fitness Training Sprints, Jumps, Ropes, and more! Free Promise Sparring with Combination Kicks
10:10 am	Go over field trip rules
10:30 pm	<b>Chuck E. Cheese</b> (We will have lunch there ☺)
2:30 pm	Return from field trip – Take rest. Taekwondo home rules.
3:15 pm	Practice organize responsible, Clean up, Snack time
3:50 pm	Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up <b>no later than 6:30pm</b>

## Wed. March 28<sup>th</sup>

7:30 am	Drop off campers between 7:30am - 9:30 am Quiet Games & Activities
9:30 am	<b>Taekwondo Camp Begins!</b> Line up on the mat & take attendance. <b>Taekwondo practice</b> – Advanced Kicking Techniques Review board breaking techniques No Contact Sparring
11:30 am	Lunch time, supervised free time
1:00 pm	<b>Go to Mason District Park</b>
2:00 pm	Arts and Crafts or Music
3:15 pm	Practice organize responsible, Clean up, Snack time
3:50 pm	Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up <b>no later than 6:30pm</b>

**\*Schedule is subject to change.**

**\*Late Fees apply for pickup after 6:30 pm**

## Thu. March 29<sup>th</sup>

7:30 am	Drop off campers between 7:30am - 9:30 am Quiet Games & Activities
9:30 am	<b>Taekwondo Camp Begins!</b> Line up on the mat & take attendance. <b>Taekwondo practice Rules and Regulation. About field trip to Korean Embassy.</b> Board Breaking Techniques
11:00am	<b>Lunch time</b>
11:45 am	<b>Go to Korean Embassy</b> Learning Korean cultures, history, .. Taekwondo...
2:50 pm	Return from field trip – Take rest, Meditation.
3:15 pm	Practice organize responsible, Clean up, Snack time
3:50 pm	Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up <b>no later than 6:30pm</b>

## Fri. March 30<sup>th</sup>

7:30 am	Drop off campers between 7:30am - 9:30 am Quiet Games & Activities
9:30 am	<b>Taekwondo Camp Begins!</b> Line up on the mat & take attendance. <b>Taekwondo practice – Breaking Board</b> Practice breaking techniques Olympic Style Sparring
11:30 am	Lunch time, supervised free time
1:00 pm	Taekwondo Discipline class – Taekwondo Home rules, Taekwondo Board Breaking Rope Training, Push up, Sit up, Dodge ball, Moon bounce, Dodge ball
3:15 pm	Practice organize responsible, Clean up, Snack time
3:50 pm	Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up <b>no later than 6:30pm</b>

## Mon. April 2<sup>nd</sup>

7:30 am	Drop off campers between 7:30am - 9:30 am Quiet Games & Activities
9:30 am	<b>Taekwondo Camp Begins!</b> Line up on the mat & take attendance. <b>Taekwondo practice</b> – Physical Fitness Training Sprints, Jumps, Ropes, and more! Free Promise Sparring with Combination Kicks
11:30 am	Lunch Time, supervised free time
12:40 pm	<b>Mason Park</b> – go over rules and safety
2:40 pm	Return from field trip – Taekwondo home rules & etiquette
3:15 pm	Practice organize responsible, Clean up, Snack time
3:50 pm	Taekwondo Camp Ends: Quiet activities, movie or quiet games until parents pick-up <b>no later than 6:30pm</b>



# 2018 UMS Spring Camp Registration Form

Guardian Name:		Email:	
Address:			
H. Ph:		W. Ph:	C. Ph:
Emergency Contact:		Relation to student:	
C. Ph:		H.Ph:	
Student 1:		Age:	Gender: M or F
Student 2:		Age:	Gender: M or F
Student 3:		Age:	Gender: M or F
Student 4:		Age:	Gender: M or F

Any health conditions to be aware of?

### Please Check the days attending

<input type="checkbox"/> <b>Mon. 3/26</b> Taekwondo games (Bring Lunch!)	<input type="checkbox"/> <b>Tue. 3/27</b> Chuck E. Cheese \$20 (Lunch & Token included)	<input type="checkbox"/> <b>Wed. 3/28</b> Mason District Park (Bring Lunch)	<input type="checkbox"/> <b>Thu. 3/29</b> Korean Embassy (Bring Lunch!)	<input type="checkbox"/> <b>Fri. 3/30</b> Breaking board (Bring Lunch!)	<input type="checkbox"/> <b>Mon.4/2</b> Mason Library (Bring Lunch!)
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### Pricing Reminders:

1 day	\$60
5 days	\$249
6 days (Mon. – Mon.)	\$279
Chuck E Cheese	\$20

10% Discount for additional family members  
Registration is free!!

Total Amount Due:	Type	Date	Initial
\$	<input type="checkbox"/> Cash		
\$	<input type="checkbox"/> Credit Card		
\$	<input type="checkbox"/> Check #		

### Terms of Consent

**Payment/Cancellation/Modification Policy:** Registration payment reserves the camper(s) listed above space in the camp. All payments are non-refundable. Payment for the week secures the entire week, even if the camper(s) listed above do not attend the entire week. If payments are not received on time the camper(s) will not be allowed in the camp. Payments made on Monday for that week are charged a late penalty of \$25. If the camper(s) cannot attend due to physical reasons (ie. broken leg), a Doctor's note must be provided in order for payments to be applied toward future camps or memberships. A \$25 service fee made payable to UMS Martial Arts is charged for bounced checks. A \$30 service fee is charged for modification/cancellation of weeks (not for adding weeks in advance). Late pick up charges are as follows and are to be paid before the camp ends each Friday: \$10 from 6:31-6:45pm and \$5 for every 15 minute segment thereafter. Failure to make payments will result in referral to a collection agency.

**Waiver and Release:** I, as the child(ren)'s legal guardian, fully recognize that martial arts involves strenuous physical exercise and I am fully aware of the risks of injury and/or illness inherent in participation in any fitness or martial arts program, and I have taken all reasonable steps to determine, and hereby warrant, that my child(ren) is(are) in good health and physically capable of participating in the programs and courses of instruction offered by UMS Martial Arts. I understand and agree that all participation in any such fitness program or use of UMS Martial Art's equipment or facilities on or off the premises, including field trips, shall be at our own risk.

I authorize the officers and personnel of UMS Martial Arts to transport my child(ren) to and from UMS Martial Arts in any event, and in the case of a medical emergency I authorize UMS Martial Arts and its officers and personnel to seek medical attention for the camper(s) mentioned above. I also authorize the attending physician to perform any emergency treatment that is deemed necessary. I hereby release, indemnify, and hold harmless UMS Martial Arts and its personnel from and against any and all claims, suits, demands, damages, costs and liabilities of any kind or any kind of nature, including attorney's fees and costs, for any injury, harm or fatalities of myself or my child(ren), or of any person(s) who become entitled to the use of the facilities of UMS Martial Arts by virtue of this agreement, or any third persons, which arise directly or indirectly out of or in virtue of our presence at UMS Martial Arts for any form of compensation or claim for any fatalities, harm or injuries sustained by our presence at UMS Martial Arts.

**Loss/Damage/Theft of Property:** I understand and agree that UMS Martial Arts and its personnel shall not be held responsible for any personal property which is damaged, lost or stolen in or around UMS Martial Arts or its facilities, or at any of UMS Martial Arts' off-premises events and field trips.

**Photographic Equipment:** I hereby authorize UMS Martial Arts personnel to photograph me or my child(ren) and to utilize such photographs for commercial purposes, including but not limited to the promotion and marketing of UMS Martial Arts, and I agree that I nor any party acting on my or my child(ren)'s behalf shall not be entitled to receive compensation as a result of such use.

Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*\*By signing, you agree to the Terms of Consent outlined above*