



**UMS TAE KWON DO UMSKICK.COM**

# 2017 WINTER CAMP

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

## Date & Time:

1<sup>st</sup> week : 12/18 – 22

2<sup>nd</sup> week : 12/26 - 29 (No camp on Mon. 12/25)

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**Drop-off** is between 7:30am – 9:15am

**Pick-up** is before 6:30pm

## Details:

1. Must be 5 years old to 12 years old
2. 13 years & Up – Special permission from Grand Master Um
3. Bring lunch each day except Wed. (Chuck E Cheese)
4. Wed. December 20<sup>th</sup> & 27<sup>th</sup> are Chuck E Cheese.
5. Improve yourself and have fun!!

### Rates include:

Daily Taekwondo classes, Moon Bounce, Breaking Board (Friday), Discipline, Korean Embassy, Nature center, Library, Park, Sports Activities ...and more

### Rates do not include:

Field trips to **Chuck E. Cheese \$20 – include lunch and token**

**Space is limited!**

For registration or questions:

**703 – 914 – 1110** or [umsmartialarts@yahoo.com](mailto:umsmartialarts@yahoo.com)



## Prices:

1 Day	<del>\$70</del>	\$60
1 Week	<del>\$289</del>	\$239
2 weeks	<del>\$578</del>	\$449

10% Discount for additional family members  
No registration fee for UMS member



# 2017 UMS Winter Camp Schedule

## Mon. 12/18 (No camp 12/25<sup>th</sup>)

7:30 am	Drop off campers between 7:30am - 9:30 am Quiet Games & Activities
9:15 am	<b>Line up, 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 Technique, Obstacle course, Climb Rope, <b>Learning Organize</b>
11:30 am	Lunch and rest; supervised free time
12:45 pm	Game time! (Arts and Crafts, Dodge ball.. etc.) Moon bounce, Discipline training, Push up, Squirt Jump
2:40	<b>Meditation &amp; Learning Organize</b>
3:15 pm	Snack time. Clean up responsibility
3:50 pm	Taekwondo Camp Ends: Quiet activities, movie or games until parents pick-up <b>no later than 6:30pm</b>

## Tue.

7:30 am	Drop off campers between 7:30am - 9:30 am Quiet Activities
9:15 am	<b>Line up, Taekwondo Camp Begins!</b> Line up on the mat & take attendance. <b>Taekwondo practice</b> – <i>Forms</i> , Advanced Kicking Techniques, Board breaking techniques, Spider Kick & Punch No Contact Sparring
11:30 am	Lunch and Supervised free time, Moon bounce
1:00 pm	Field Trip rules and go to Mason Library or Park
2:45 pm	<b>Meditation &amp; Learning Organize</b>
3:15 pm	Snack time. Clean up responsibility
3:50 pm	Taekwondo Camp Ends: Quiet activities, movie or games until parents pick-up <b>no later than 6:30pm</b>

## Wed.

7:30 am	Drop off campers between 7:30am - 9:30 am Quiet Games & Activities
9:15 am	<b>Line up, Taekwondo Camp Begins!</b> Line up on the mat & take attendance. <b>Taekwondo practice</b> – Physical Fitness Training Jumps, Climb Ropes, Free Promise Sparring with Combination Kicks
10:30 am	Go over field trip rules
10:45 pm	12/20 – Chuck E. Cheese (We will have lunch there ☺) 12/27 – Chuck E Cheese
2:40 pm	Return from field trip – Meditation, <b>Learning Organize</b>
3:15 pm	Snack time. Clean up responsibility
3:50 pm	Taekwondo Camp Ends: Quiet activities, movie or games until parents pick-up <b>no later than 6:30pm</b>

## Thurs.

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> – <i>Blocking technique, One step,</i> Kicking Block, Punching block, Climb Rope Movie style sparring
11:00 am	Lunch and Field trip rules
11:50 pm	12/21 – <b>Korean Embassy Cultural Center (DC)</b> 12/28 – <b>Hidden Oak Nature Center (Annandale, Va)</b>
2:45 pm	Return from field trip – Meditation Taekwondo home rules,
2:45pm	<b>Meditation &amp; Learning Organize</b>
3:15 pm	Snack time. Clean up responsibility
3:50 pm	Taekwondo Camp Ends: Quiet activities, movie or games until parents pick-up <b>no later than 6:30pm</b>

## Fri.

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> – <i>Belt Kicking technique</i> Practice breaking techniques Olympic Style Sparring
11:30 am	Lunch time, supervised free time; Movie Day!
12:45 pm	Taekwondo Discipline class – Taekwondo Home rules, Board Breaking Rope Training, Push up, Sit up Moon bounce, Dodge ball,
2:30pm	<b>Meditation &amp; Learning Organize</b>
3:15 pm	Snack time. Clean up responsibility
3:50 pm	Taekwondo Camp Ends: Quiet activities, movie or games until parents pick-up <b>no later than 6:30pm</b>

\*Schedule is subject to change & Late Fees  
apply for pickups after 6:30 pm

- **Field Trips can be changed or  
cancelled depending on the  
weather conditions.**

## 2017 UMS Winter Camp Registration Form

Student 1:		Age:	Gender: M or F
Student 2:		Age:	Gender: M or F
Student 3:		Age:	Gender: M or F
Guardian Name:		Email:	
Address:			
Cell:	Work:	Home:	
Emergency Contact:		Relation to student:	
Any health conditions to be aware of?			
<input type="checkbox"/>	<b>Mon. 12/18</b> Moon Bounce	<input type="checkbox"/>	<b>Tues. 12/19</b> Park or Library Moon Bounce
<input type="checkbox"/>		<input type="checkbox"/>	<b>Wed. 12/20</b> Chuck E. Cheese \$20 - Lunch included
<input type="checkbox"/>		<input type="checkbox"/>	<b>Thur. 12/21</b> Korean Embassy Culture Center (DC)
<input type="checkbox"/>		<input type="checkbox"/>	<b>Fri. 12/22</b> Breaking Board
<input checked="" type="checkbox"/>	<b>Mon. 12/25</b> <b>NO CAMP</b>	<input type="checkbox"/>	<b>Tue. 12/26</b> Park or Library Moon Bounce
<input type="checkbox"/>		<input type="checkbox"/>	<b>Wed. 12/27</b> Chuck E. Cheese \$20 - Lunch included
<input type="checkbox"/>		<input type="checkbox"/>	<b>Thur. 12/28</b> Hidden oak nature center (Annandale)
<input type="checkbox"/>		<input type="checkbox"/>	<b>Fri. 12/29</b> Breaking Board

### Pricing Reminders:

1 Day	\$60
1 Week	\$239
2 weeks	\$449

10% Discount for additional family members, \$ 10- Registration fee , \$20 - Chuck E Cheese (include lunch&Tokens)

Total Amount Due:	Type	Amount:	Receipt:	Date:
	<input type="checkbox"/> Cash			
	<input type="checkbox"/> Credit Card		N/A	
	<input type="checkbox"/> Check #		N/A	

### Terms of Consent

**Payment / Modification Policy:** I understand that payment is due a week before the event begins and all payments are non-refundable. I realize there will also be a \$25.00 service charge for any returned checks. I will notify UMS Martial Arts in advance in the event that my student(s) will not attend. If the person designated to pick-up my student(s) from UMS Martial Arts is late I agree to pay the late fees associated with the late pick-up time (\$10 charged for any time between 6:31-6:45 pm and \$5 for every fifteen minute segment thereafter). I understand that these Day Camps are subject to cancellation or delayed opening due to low attendance or severe weather.

**Additional Costs:** I understand that there may be special outings (ie. bowling trip, movie trip, etc.) held outside the school and these events may incur additional fees beyond the amounts set forth above and I agree to pay those additional fees prior to the beginning of the event.

**Waiver and Release:** I, as the student's(s') guardian, fully recognize that martial arts involves strenuous physical exercise and I am fully aware of the risks of injury, fatality 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 student(s) is(are) in good health and physically capable of participating in the programs offered by UMS Martial Arts. I understand and agree that all participation in any such 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 personnel of UMS Martial Arts to transport my student(s) to and from UMS Martial Arts for any event, and in the case of a medical emergency I authorize UMS Martial Arts to seek medical attention for the student(s) listed 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 officers, directors, employees, and agents from and against any and all claims, 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 student(s), 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 parties, which arise directly or indirectly out of or in virtue of our presence at UMS Martial Arts for any payment compensation or claim for any harm, fatalities, or injuries sustained due to their presence at UMS Martial Arts.

**Loss, Damage, and Theft of Property:** I understand and agree that UMS Martial Arts, its officers, directors, agents, and employees 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, via its directors, agents, or personnel, to photograph, record, and/or film me and/or my student(s) and to utilize such photographs, video footage, and/or voice transcriptions without restrictions for any commercial purpose, 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 student's(s') behalf shall not be entitled to receive compensation of any kind as a result of such use.

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

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

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