



Presents

2007
Martial Arts
SUMMER CAMP



June 4 - July 27 (8 Weeks)

8:00 am - 5:30 pm (Earlier Drop-Off Available)

5 - 13 years old

Only 25 Campers!

Information / Registration Packet

The USMA Martial Arts Summer Camp Mission Statement

The mission of the USMA Martial Arts Summer Camp is to provide Character and Physical Development through professional martial arts instruction for every child in a clean, safe, disciplined, educational, and fun environment.



A Kickin' Summer!



Weekly Character Development

1. **Respect:** Ways to be respectful at home and school.
2. **Discipline:** Hard work plus discipline equals success.
3. **Aspiration:** Setting Goals and working toward achieving them.
4. **Modesty:** Being confident without being arrogant.
5. **Perseverance:** Developing a strong work ethic.
6. **Leadership:** Developing skill and confidence to become a leader.
7. **Loyalty:** To country, parents, & Master.
8. **Compassion:** Standing by the weak.

Weekly Physical Development

- ~ USMA **Children Self-Defense** Program.
- ~ Fun **Taekwondo** kicking, punching drills and obstacle drills.
- ~ Motivational **breaking boards**.
- ~ Effective children self-defense.
- ~ Cool and safe **weapons** training.
- ~ Fun **judo** techniques: how to throw opponent, how to roll properly, and how to fall properly.
- ~ Jujitsu: fun ground fighting and great for **physical fitness**.
- ~ Friday **Game Day:** Dodge-ball, Tom & Jerry, relay races, and more.
- ~ Have fun and build confidence through **Board Breaking Sessions**.

How much does it cost?

Register by 5/1

\$150 per week / \$1200 for entire 8-weeks.

(Includes field trips, field trip lunch, and all activity fees.)

Register after 5/1

\$170 per week / \$1360 for entire 8-weeks.



Where are we going for Field Trips?



- ~Weeks 1, 3, 5, 7: Lake Worth Municipal Pool. Members will receive pool safety training by lifeguards and have fun swimming races and diving boards.
- ~Week 2: Don Carter Bowling: Bowling Tournament - Members vs Instructors!
- ~Week 4: PBC Summit Library for class on how to use resources and to watch a film.
- ~Week 6: Palm Beach Skate Zone: Roller Skating, Games, and Lunch.
- ~Week 8: Fun Depot for Arcade, Laser Tag, and Go-Kart racing.

Who will be coming for the Special Guest Presentations?

- ~Week 1: PBSO K-9 Unit Presentation and Demonstration.
- ~Week 2: PBSO Bike Safety Presentation.
- ~Week 3: PB Fire Dept Fire Safety and Truck Demonstration by Sparky.
- ~Week 4: PBSO Child Safety Presentation by McGruff.
- ~Week 6: PBC School District Bomb/Drug K-9 Unit.
- ~Week 7: PBSO Horse Mounted Unit Presentation and Demonstration.



What special activities will we be doing during Camp?

- ~Expand your horizons: Learn the art of Korean and Chinese Calligraphy.
- ~Spark your creativity: Design your own martial arts themed T-Shirts.
- ~The Long-Life Origami Project: Learn to fold animals and plants.
- ~Increase Confidence with our weekly Board Breaking Sessions.
- ~Learn the Korean culture: Learn how to make Korean Sushi.



What should I bring and wear to the Summer Camp each day?

- ~Wear your USMA T-Shirt and training pants.
- ~Sunscreen must be applied on Pool days before coming to Camp.
- ~Wear sneakers. You may bring flip-flops to wear to the pool on Pool Days.
- ~A brown-bag lunch. We have a refrigerator and a microwave.
- ~Bring a nutritious snack and a bottle of water, unless you intend to purchase them from our snack bar.
- ~Bring any board games, hand-held video games, DVD movies or other toys to play with during quiet time and movie time.
- ~Bring a sleeping bag and pillow to use during quiet times or movie times.





Schedule



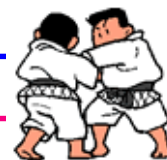
Day 1: Mondays AM (Taekwondo Day)

- 8:30 Arrival / Good Morning!
Introduction Rules for Campers
- 9:00 Stretch & light workout.
Introduction to Theme of the Week.
- 9:30 **TAEKWONDO / HAPKIDO**: Fun kicking, punching, and blocking drills.
- 10:30 Break / Snack
- 11:00 **SPECIAL GUEST PRESENTATION**



Day 1: Mondays PM (Taekwondo Day)

- 12:30 Lunch time.
- 2:00 Quiet Time: Reading & board games.
- 3:00 Make Korean Sushi.
- 4:00 Prepare for Regular Class and Dismissal
- 4:30 Regular Martial Arts Class
- 5:30 End of Camp



Day 2: Tuesdays AM (Judo Day)

- 8:30 Arrival / Check-In / Good Morning!
- 9:00 Stretch & light workout.
Continue discussion of Theme of the Week.
- 10:00 **JUDO / JIU-JITSU**: Fun rolling, throwing, and ground self-defense techniques..
- 11:00 Break / Snack.
- 12:00 Prepare for lunch.



Day 2: Tuesdays PM (Judo Day)

- 12:30 Lunch Time / Break
- Quiet Time: Reading, Movie, board games.
- 2:30 **Arts and Crafts**: Calligraphy, Origami and T-Shirt Design.
- 4:00 Prepare for Regular Class and Dismissal.
- 4:30 Regular Martial Arts Class
- 5:30 End of Camp

Day 3: Wednesdays AM (Field Trip Day)

- 8:30 Arrival / Check-In / Good Morning!
- 9:00 Stretch & light workout.
Continue discussion of Theme of the Week.
- 10:00 Break / Snack
- 10:30 **FIELD TRIP / Lunch**

Day 3: Wednesdays PM (Field Trip Day)

- 2:30 Return to USMA / Organize / Clean-up
- 3:00 Quiet Time: Reading, board games, or movie.
- 4:00 Prepare for Regular Class and Dismissal
- 4:30 Regular Martial Arts Class (Sparring)
- 5:30 End of Camp

Day 4: Thursdays AM (Weapons Day)

- 8:30 Arrival / Check-In / Good Morning!
Introduction Rules for Campers
- 9:00 Stretch & light workout.
Continue discussion of Theme of the Week.
- 10:00 Break / Snack
- 10:30 **WEAPONS**: accuracy drills, speed drills.
- 12:00 Prepare for Lunch



Day 4: Thursdays PM (Weapons Day)

- 12:30 Lunch Time / Break
- Quiet Time: Reading, board games, etc.
- 2:00 Movie Time on 90-inch projection screen.
- 3:30 **Arts and Crafts**: Calligraphy, Origami, and T-Shirt Design.
- 4:00 Prepare for Regular Class and Dismissal
- 4:30 Regular Martial Arts Class (Wrestling)
- 5:30 End of Camp



Schedule



Day 5: Friday AM (Game Day)

- 8:30 Arrival / Check-In / Good Morning!
Introduction Rules for Campers
- 9:00 Stretch & light workout.
- 9:30 Finish discussion of Theme of the Week.
Quiz Time.
- 10:30 Prepare for Picnic at the Park.
- 11:00 Arrive at the Park for Lunch, fun games and
other out door activities.

Day 5: Friday PM (Game Day)

- 12:00 **GAME DAY:** Dodge-ball, Tom & Jerry,
Tug of War.
- 2:30 Return to USMA, organize and clean up.
- 3:00 Quiet Time: Reading, movie, board games.
- 4:00 Prepare for Regular Class and Dismissal.
- 4:30 Regular Martial Arts Class
- 5:30 End of Camp

Weekly Schedule

Field Trip

Special Guest

Week 1: 6/4 - 6/8	6/6 @ 12pm: LW Municipal Pool	6/4 @ 10:30am: PBSO Patrol K-9 Unit
Week 2: 6/11-6/15	6/13 @ 11am: Don Carter Bowling	6/11 @ 10:30am: PBSO Bike Safety Team
Week 3: 6/18 - 6/22	6/20 @ 12pm: LW Municipal Pool	6/18 @ 11am: PB Fire Rescue Squad
Week 4: 6/25 - 29	6/27 @ 2pm: PB Summit Library	6/25 @ 10:30am: PBSO Child Safety Team
Week 5: 7/2-7/6	7/5 @ 12pm: LW Municipal Pool	
Week 6: 7/9 - 7/13	7/11 @ 10:30pm: PB Skate Zone	7/11 @ 11am: PBC Special Ops K-9 Unit
Week 7: 7/16 - 7/20	7/18 @ 12pm: LW Municipal Pool	7/16 @ 11am: PBSO Horse-Mounted Unit
Week 8: 7/23 - 7/27	7/25 @ 1pm: Fun Depot	

Days Off

July 4, Wednesday

Name and Information of USMA Campers:

1. _____ M / F. DOB _____

2. _____ M / F. DOB _____

Parent Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Business Phone: _____ Ext: _____

Emergency Contact: _____ Relation: _____ Phone: _____

Name of persons authorized to pick up student(s): _____

Weeks of Attendance:

6/4 - 6/15 _____ **6/18 - 6/29** _____ **7/2 - 7/13** _____ **7/16 - 7/27** _____

Please read carefully and initial each of the following policies. Your initials indicate that you have read and that you understand the information.

IMPORTANT GENERAL POLICIES

_____ Children **may not attend the program if they are ill.** Arrangements must be made for immediate pick up if you are called.

_____ **Parent Pick-Up time is 5:30 pm** with a 15-minute grace period. A **\$20** late fee will be charged for late pick-up.

_____ If we receive a **RETURNED CHECK**, a \$30 returned check fee will be charged.

_____ If you have an **OUTSTANDING BALANCE**, your child will not be allowed to attend the Camp until the amount is paid in full.

_____ Payments are due at time of registration. There are no other refunds.

_____ Registration is in 2-week increments. You will receive a 10% discount if you pay the entire 8-weeks up front.

WAIVER AND RELEASE: I and my child(ren) fully recognize the risks and injury and/or illness inherent in participation in any fitness or martial arts program or martial arts camp, and we represent to the Academy that we have taken all reasonable steps to determine, and hereby, warrant, that we are in good health and physically capable of participating in the programs and course of instruction offered by the Academy. We acknowledge that the Academy shall make no, and shall have no responsibility to make any independent evaluation of our physical health or fitness. We understand and agree that all participation in any such fitness camp or use of the Academy's facilities or equipment on or off the premises of the Academy, including field trips, shall be at our own risk.

We hereby release, indemnify, and hold harmless the Academy and its officers, directors, employees and agents, from and against any and all claims, demands, damages, costs and liabilities of any kind of nature, including attorney fees and costs, for injury to or death of myself or my child(ren), or of any person or persons who become entitled to use the facilities of the Academy by virtue of our membership, or any third persons, which arise directly out of or in connection with our participation in any program or course of instruction either on or off the premises of the Academy, or by virtue of our presence at the Academy or at any of the Academy's off-premises events, whether or not in fact we or such other persons are then participating in any particular program or event. We understand and agree that the Academy shall not be responsible for conduct of other users of the Academy or its facilities or equipment, or participants in the Academy's off-premises programs, or for any injury or death or damage to property resulting from such conduct, and we shall bring any action or proceeding against the Academy for any payment compensation or claim for any loss of life or injury caused by any such user.

LOSS/DAMAGE/THEFT OF PROPERTY: We understand and agree that neither the Academy, nor its officers, directors, agents, or employees shall be responsible for any personal property which is damaged, lost, or stolen in or around the Academy or its facilities, or at any of the Academy's off-premises events and field trips.

Parent Signature _____ Date _____