



Taekwon-Do Summer Camp 2010

16th – 19th July

Mt. Melleray Scout Centre,
Cappoquin,
Co. Waterford



We would like to invite all dedicated Taekwon Do students over ten years of age, yellow belt and above, to the 2010 Taekwon-Do Summer Camp. This camp will involve intensive training with national and international instructors from all over Ireland. All accommodation and meals will be provided in this safe and secure venue.

Activities:

- Sparring (drills/tactics/conditioning)
- Patterns individual and team (opportunity for individual consultation)
- Technical kicking and associated preparation and conditioning work (syllabus from white to black belt)
- Fundamental Movements
- Self Defence (syllabus from white to black belt including releases from holds, chokes, stick defence, ground work etc)
- Special technique
- Activities and exercises to improve flexibility and strength
- Grade specific classes and individual consultation
- Games; individual & team

Basketball, Soccer, Volleyball, Dodge ball, Tag Rugby, Fun Games

Students should bring sparring gear, Taekwon-Do uniforms, tracksuit, runners, swimwear, sleeping-bag, pillow, eating utensils, fork, knife, spoon, bowl, plate etc.

No responsibility will be accepted for loss of property.

Rules and regulations:

In the interest of the welfare of all students; smoking, alcohol or use of illegal substances will not be tolerated. There will be no inappropriate contact between students and nobody will be allowed to leave the school premises without prior arrangement.

Cost of the camp

The total cost of the camp is €140 per person including, training, meals and accommodation.

Places will be limited so book early to avoid disappointment.

A non-refundable deposit of €50 should be paid to your instructor when booking your place and bookings will be dealt with on a first come first served basis.

For more information and to reserve your place, contact Mr. Mark Buckley on 086-8220107 / markbuckleyita@eircom.net



ITA Summer Camp 2010
Friday 16th – Monday 19th July

Mt Melleray Scout Centre,
Cappoquin, Co Waterford.



Application Form

Name: _____ Age: _____

Address: _____

Parent/Guardian Contact Details: _____

Belt/Grade: _____ Club: _____

Special Dietary Requirements: _____

Special Medical Considerations: _____

I wish to attend the ITA Summer Camp. I will abide by the rules and regulations of the camp. I will observe the tenets of Taekwon Do at all times.

Student: _____ Date: _____

I have given _____ permission to attend the 2008 ITA Summer Camp.

Parent/Guardian: _____ Date: _____

(2010 Camp Cost is €140)

A limited number of places will be available. A non-refundable booking fee of €50 is required. The remaining fees must be paid to the club instructor one week prior to the camp.