

Where: USTA Dojo  
When: Mar. 7<sup>th</sup> – 9<sup>th</sup> 2024  
[www.ustacademy.com](http://www.ustacademy.com)



## USTA Martial Arts Spring Camp 2024

**United States Taekwondo Academy' Spring camp** will provide your child with the chance to polish there/your skills, develop character, learn valuable life skills, make new friends and discover new interests. **USTA Spring Camp** is a comprehensive and objective program designed to help you/ your child to become a better person.

Our Students will have the chance to learn advanced techniques and forms, which may help them advance to their next rank faster. This camp will redefine your/their skills and rediscover the fun side of Martial Arts.

### What to bring everyday:

1. Traditional TKD Uniform (Pants and Belts), Top uniform during class time only. USTA T-shirt
2. Snacks (Juice, Crackers, Fruit, Water, etc.)
3. Towel and Extra shirt if needed.
4. Sparring gears for USTA members
5. **One Stick \$20, Gloves \$45, Nunchuks**

**\$20.** *Please Purchase from our Pro-shop if you don't have them.*

### Camp Cost

\$230.00/ week (\$85/day)

10% discount for SWAT members

10% Off discount for additional siblings

\$75 Tae Kwon Do Uniform. (Optional)

\$10/ 10min. Extended stay

*Full amount is due upon registering*

### Late fees

After Monday Mar. 4<sup>th</sup> 2024 Registration will be accepted and will incur an extra \$30.00

SPRING BREAK CAMP

- ON
- YOUR
- MARK...
- GET
- SET...

JUMP IN!

COME CELEBRATE YOUR BIRTH DAY! Spend with your favorite martial arts instructors. Get ready with us in our field, action packed full of exciting SPRING BREAK CAMP! Extremely limited space!

THEMES THIS WEEK:

TIME:	Thur, Fri. 4-8p/ Sat. 11a-3p
DATE:	Mar. 7th - 9th
COST:	\$230
Sign Up By:	Mar. 4th

**SIGN UP TODAY!**

**LIMITED SPACE!! ENROLL NOW!!!!**



<i>TIME</i> \ <i>Day</i>	<b>Thursday</b>	<b>Friday</b>	<i>TIME</i> \ <i>Day</i>	<b>Saturday</b>
<b>4:00 - 4:10pm</b>	Arrival and attendance	Arrival and attendance	<b>11:00-11:10am</b>	Arrival and attendance
<b>4:10 – 5:00pm</b>	Back Kicks Hook Kicks Turning Whip	Arnis	<b>11:10a-12:00p</b>	Taequeuk Form 6 & 7
<b>5:00- 5:50pm</b>	TKD Blocking & Stances / Forms 1-2	Taequeuk Form 4 & 5	<b>12:00-12:50p</b>	Sparring drills Side Kick & Round Kick Boxing
<b>5:50 – 6:20pm</b>	Snack time	Snack time	<b>12:50-1:20pm</b>	Break time
<b>6:20- 7:10pm</b>	Power Stretching/ Form 3	Board Breaking	<b>1:20-2:10pm</b>	Falling & Rolling/ Forms 7 & 8 Nunchuks Forms Perfection & Stamina
<b>7:10-7:55pm</b>	All Self Defense & Speed Kicks	All Self Defense / & Power Kicks	<b>2:10-2:55pm</b>	Evaluation / Results. Certificates
<b>7:55-8:00pm</b>	Pick-up Time	Pick-up Time	<b>2:55-3:00pm</b>	Pick-up Time

**camp Length:**

4 hours a day for 3 days a week. Starting on Thursday Mar. 7<sup>th</sup> through Sat. Mar. 9<sup>th</sup> 2024

**Terms:**

A non-refundable fees equal to 100% of the guarantee will be required at the time of booking to reserve the date. Payment must be in the form of Check or Check made to Grand Masters.

**Cancellations:**

In the event that USTA must cancel a scheduled camp, and you do not wish to reschedule, your deposit will be 100% refunded.

**Age Requirements:**

Participants must be 7 years old or older. Any student under 7 years old must be approved by the administration prior enrollment.



## The USTA Martial Arts Camp

### Registration Form

(Please Print Or Type)

Name:(Last) \_\_\_\_\_ First: \_\_\_\_\_ M Initial: \_\_\_\_\_

Address(Street): \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Country: \_\_\_\_\_

Date Of Birth: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_ Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Current Rank: \_\_\_\_\_ Date Of Rank: Month \_\_\_\_\_ Day \_\_\_\_\_ Year: \_\_\_\_\_

Email address \_\_\_\_\_

#### WAIVER OF LIABILITY

I hereby submit my application for participation in this Martial Arts camp. I clearly recognize that a risk is involved in participating in this seminar and related activities, which has been completely explained to me and my parents and/or guardians. Participant attests that he/she is physically fit to participate in the seminar(s).

In consideration thereof, I hereby waive, release, and forever discharge the United States TKD Academy, Grand Master Atuon and Grand Master Alsharif, and all participants, on behalf of myself, my heirs, my executors, my administrators and assigns, of any and all claims, rights, or causes of action whatsoever for any damages or injuries which may arise traveling to, participating in, returning from the Summer camp, or which might arise thereafter, against any person or entity in any way connected with the seminar. The parents and/or guardians of the applicant hereby request that this application be accepted, and in consideration thereof, agree to indemnify and release all members of the UST Academy, G. Master Atuon and G. Master Alsharif and any host(s), from all claims made or which may be made on behalf of the applicant, for the aforesaid consideration. I understand that all fees are non-refundable.

#### PHOTO/VIDEO RELEASE

I hereby agree that any photographs and/or videos taken of me during my participation in this seminar may be used for publicity or any other use seen fit by the USTA Publications, , without any compensation to my parents, guardians, or myself. I hereby waive any right I may have to inspect and/or approve any photographs and/or videos of myself.

\_\_\_\_\_  
Applicant's Signature

\_\_\_\_\_  
Date

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