

Where: USTA Dojo
When: Aug. 21st – 23rd 2025
www.ustacademy.com



USTA Martial Arts Summer Camp 2025

United States Taekwondo Academy' Summer 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 Summer 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 Tues. Aug. 18th 2025. Registration will be accepted and will incur an extra \$30.00



LIMITED SPACE!! ENROLL NOW!!!!



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

camp Length:

4 hours a day for 3 days a week. Starting on Thursday Aug. 21st. through Sat. Aug. 23rd. 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 2025

Registration Form

(Please Print Or Type)

Name:(Last)_____ First:_____ M Initial:_____

Address(Street):_____ City:_____

State:_____ Zip Code:_____ Country:_____

Phone: (_____)_____

Current Rank:_____

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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