

2010 Tae Kwon Do Chung Do Kwan Schools Spring Training Seminar

The Tae Kwon Do Chung Do Kwan Schools cordially invite you and your family to the inaugural Tae Kwon Do Chung Do Kwan Schools Spring Training Seminar. Our theme this year is "SPARRING," where several masters will show the different types of sparring, which we'll be practicing throughout the seminar. It will be non-contact sparring, however, those wishing to bring pads and protective gear to participate in light contact sparring among interested individuals will have opportunities to do so. Please come prepared for a considerable work out!

- Where:** University of Arizona, Bear Down Gym, Tucson, Arizona
(On the north side of 4th Street, East of Highland Ave and West of Cherry Ave)
- When:** Friday – Sunday, March 12 - 14, 2010
Registration begins Friday, March 12th at 4:00 PM
- Cost:** \$150 per person - Includes participation in all workshops, entry to the exhibition, seminar tee shirt, boards for breaking, and Friday evening's tournament participation (2 or more members of the same immediate family, \$130 per person).
- Activities:** Sparring!
Forms Training!
Core Stability and Strength for Martial Artists!
Joint Mobility, Dynamic Stretching and Flexibility Training!
Tournament for Forms and Sparring, all levels!
Saturday Night Exhibitions & Tournament Sparring Finals!
Board breaking!
Self defense for family members!
- Schedule:** Friday: 4:00 PM - Registration
5:30 PM – 8:30 PM Tournament
8:30 PM - Gathering at Restaurant for Food & Drinks

Saturday: 8:00 AM – 4:30 PM Seminar
5:30 PM – 7:30 PM Exhibitions
8:00 PM - Dinner at Restaurant

Sunday: 8:30 AM – 11:30 AM Seminar
- Attire:** Uniforms are required for Friday's tournament and Saturday night's exhibitions. Otherwise, comfortable clothing for TKD practice is suggested (sweats & tee shirts, TKD shoes or non-marking soled shoes are okay if you can kick in them; the flooring is gymnasium wood).
- Rooms:** Tucson is a popular tourist destination, particularly during March, as beautiful weather is very attractive this time of year, but there are some good hotel deals out there, so it's best to search on-line for the best deals

2010 Tae Kwon Do Chung Do Kwan Schools Spring Training Seminar Registration Form

Name _____ Age _____ Rank _____

Address _____ Phone _____

School _____ Instructor _____

School Address _____

Registration Fee: \$150 (2 or more members of the same immediate family, \$130 per person); no charge for audience, except during Saturday night exhibitions, which is \$5.00 per person)

Registration fee includes participation in all workshops, tournament, exhibition, and a seminar tee shirt. Please register by **February 20th** so that enough tee shirts can be ordered. Make checks payable to "Tae Kwon Do Chung Do Kwan Schools."

Tee shirt size (circle one): Youth-L, Adult-S, Adult-M, Adult-L, Adult-XL, Adult-XXL

Rules for Team Demonstrations during Saturday evening's Exhibition:

- No limit on the number of people; each school may have more than one team.
- Demonstrations must be no longer than four minutes.
- Demonstration may display any Tae Kwon Do skills: Skits, breaking, forms, self-defense, weapons demonstrations, etc., are all acceptable.
- Music may be used as long as it contains no explicit language or references.

The 2010 Chung Do Kwan Tae Kwon Do Schools Spring Training Seminar is designed to be fun, exciting, informative, and challenging. Participants should come mentally and physically prepared to work hard. Participants should consult with a physician before attending this function.

Waiver: I agree to fully release and hold harmless the Tucson Tae Kwon Do Schools, the Tae Kwon Do Chung Do Kwan Schools (TCS), the University of Arizona, and their agents for any and all liability for and damage or injury that I may suffer while participating in the TSC Spring Training Seminar. I am fully aware of and accept the potential risks associated with this event.

Signature of Applicant_____
Date_____
Guardian's Signature (required if participant is under 18)_____
Date

MASTER DONG HOON KIM, PRESIDENT, TAE KWON DO CHUNG DO KWAN SCHOOLS

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