

## Camp Hazen Waiver:

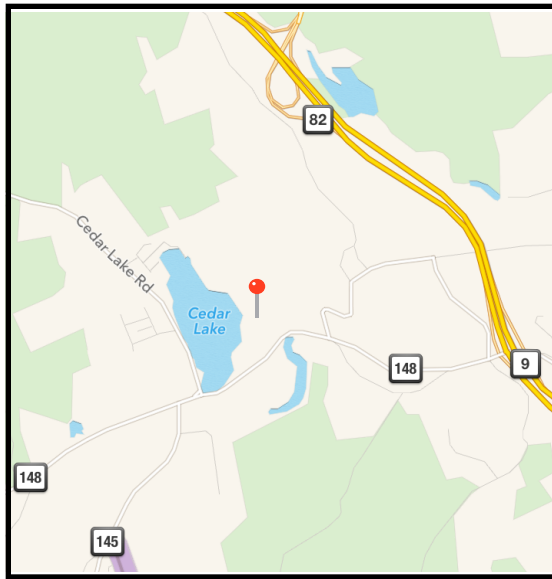
All participants must complete the Camp Hazen Health History and Waiver. See your Instructor.

## Registration & Payment

See your Instructor.

Or you may download the information from [www.middlesextangsoodo.com](http://www.middlesextangsoodo.com)

**All paperwork and payment must be made by August 27, 2015.**



**From the North:** Take Rt 9 south to Exit 6. Turn right on to Rt 148. The office is 1.5 miles on the left.

**From the South:** Take I-95 north (exit 69). Follow Rt 9 north to Exit 6. Turn left on to Rt 148. The office is 1.5 miles on the left.

## Training Camp Fee

**\$199**

The price includes all 9 seminars, food (5 meals provided at the camp dining hall) and on site group lodging for two nights.

Family discounts are \$25 off for each additional student.

Parents if you'd like to chaperone the price is for the weekend is \$125.



# 1st Annual Pyong Hwa Kunin Tang Soo Do Training Camp

**September 11 -13, 2015**

**CAMP HAZEN YMCA  
Chester, CT**



Greeting from KJN Voelker,

PHKTSDA members you are invited to take part in our 1st Tang Soo Do Gup & Dan Training Camp. It will be held at beautiful Camp Hazen YMCA Leadership Training and Retreat Facility in Chester, CT.

Masters, Dans, and Gups you are encouraged to take part in this high energy and fun filled training weekend. We will cover all areas of Tang Soo Do from beginner to advanced.

This training camp has been a long time in the coming and I'm very excited at the opportunity to work with and to develop the students and instructors of our Association.



The training will cover all aspects of our Tang Soo Do curriculum and beyond.

A complete list of the Seminar Sessions will be distributed upon arrival and orientation.

All participants must bring all necessary equipment for sparring, weapons, and all training activities.

We will provide required items or materials for seminars outside the normal curriculum.

## Camp Schedule:

Friday: 4:00 pm Begin Arrival & Orientation  
6:00 pm Dinner  
7:00 pm Seminar Session 1  
10:00 pm Evening Quiet Time

Saturday: 7:00 am Meditation & Stretch  
8:15 am Breakfast  
9:00 am Seminar Session 2  
10:00 am Seminar Session 3  
11:00 am Seminar Session 4  
12:15 pm Lunch  
1:00 pm Recreation Time  
Elective & Specialty Activity  
4:00 pm Seminar Session 5  
5:00 pm Seminar Session 6  
6:00 pm Dinner  
7:00 pm Seminar Session 7  
8:00 pm TBA  
10:00 pm Evening Quiet Time

Sunday: 7:00 am Meditation & Stretch  
8:15 am Breakfast  
9:00 am Seminar Session 8  
10:00 am Seminar Session 9

## Who Can Attend:

Any member 13 years or older, in the Pyong Hwa Kunin Tang Soo Do Association and invited guests.

**All students under the age of 13 MUST be accompanied by a parent or guardian.** Students 13 -17 years of age must have written permission to attend from a parent or legal guardian.

While in training sessions the seminar Instructors will work to ensure both the safety and supervision of the students. The participants will be assigned to a team leader to provide guidance. However, please note that students may not have direct supervision between training sessions.

## Camp Facilities:

We will be using the outside areas of the camp for our training activities. If we have inclement weather the dining hall will serve as our workout facility. All campers will be assigned to a cabin for their overnight stay. Cabins are for groups of 8 -12 with bunk beds. **Bedding and towels must be brought to camp by the Campers.** Sheets, blankets, and pillows or a sleeping bag if you prefer. Each cabin has a private bathroom with toilet and sink. Shower facilities are centrally located in a groups of cabins.