

Martial Arts Camp 2012

Tae Kwon Do
Sparring • Referee • Poomsae
Philosophy

Jiu Jitsu • Judo • Hapkido
Weapons

Swimming • Boating • Canoeing

Volleyball • Tug-O-War • Snipe Hunting



Our 2nd Annual Martial Arts Summer Camp in memory of Grand Master Tae Hong Choi (May 27, 1935 - March 8, 2009). May a great tradition continue of gathering friends and family together for a common purpose of learning, sharing and giving back to others.

Camp Sites Available:

Sites #TBA

Location: Elk Lake, Oregon
July 26-29, 2012

Martial Arts Camp & A Great Vacation Too!

Students, Instructors and Parents. This Martial Arts Camp is intended for martial artists to learn various aspects of martial arts along with making new friends and enjoying a great vacation including; swimming, boating, kayaking, biking and more. With a great location, Elk Lake, this camp will include martial arts schools throughout the NW. Sign up early to assure a camp spot. Only 15 camp-sites are reserved. Each camp-site is \$20/night. For more information contact Acrovision Sports Center @ (541) 388-5555 or acro@bendbroadband.com. We look forward to seeing you there. Grand Master Rich Gustafson and Grand Master Scott Rohr.

General Schedule

Thursday

3:00pm Camp Registration and Opening
5:00-6:00pm Poomsae Pressure Point Application
7:00pm Dinner/Campfire

Friday

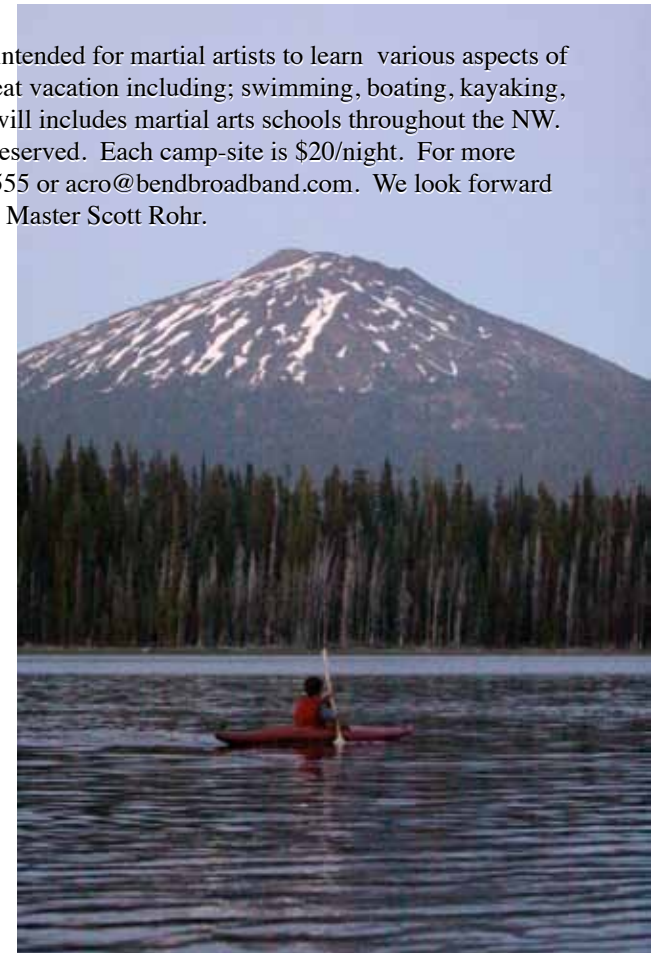
7:30-8:00am Lake Side Stretch & Run
8:00-9:00am Poomsae (traditional)/pressure point applications. All students!
9:00-10:30am Free Time (breakfast)
10:30-11:45am Sparring (GM Gustafson)
11:45am Lunch (Go over Rules & Regulations)
2:30-3:30pm Self Defense (Jiu Jitsu, Hapkido/Yudo)
3:30pm Weapons (optional)
3:30-5:00pm Free Time
5:00-6:00pm Poomsae (competitive)
6:00pm Go over Camp Rules & Regulations
7:00pm Dinner/Campfire

Saturday

7:30-8:00am Lake Side Stretch & Run
8:00-9:00am Poomsae (traditional) all students
8:30-10:30am Free Time (Breakfast)
10:30-12:00n Sparring
12:00-2:30pm Lunch
2:30-3:30pm Self Defense Jiu Jitsu, Gun & Knife
3:30pm Weapons (optional)
3:30-5:00pm Free Time
5:00-6:00pm Referee Seminar
6:00pm Dinner and Free Time
8:00pm Philosophy in the martial arts

Sunday

9:00-9:30am Lake Side Stretch, Walk or Swim
9:30-10:00am Poomsae (traditional) all students
10:00-11:00am Breakfast
11:00am Camp Clean-up



Hosted By
Acrovision Sports Center

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