



# 2010 Summer Camps

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<http://atafamilymartialartsofcastlerock.com>

## Introduction to American Taekwondo Association Songahm Taekwondo

- Learn basic taekwondo blocks, strikes, and kicks.
- Do sparring and board breaking.
- Participate in daily fitness and coordination drills.
- Learn stranger awareness.
- Study practical self-defense.
- Play team-building games.
- Take obstacle courses.
- Learn daily themes, including *Respect, Self-Control, Sportsmanship, and Perseverance.*

Check the summer camp for which you want to sign up your child:

- |                          |               |            |                   |       |
|--------------------------|---------------|------------|-------------------|-------|
| <input type="checkbox"/> | Summer Camp 1 | June 7-11  | 9:00 a.m.-12 noon | \$125 |
| <input type="checkbox"/> | Summer Camp 2 | July 12-16 | 9:00 a.m.-12 noon | \$125 |

Child's name: \_\_\_\_\_ Age: \_\_\_\_\_ T-shirt size: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Parents: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Phones: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

I, \_\_\_\_\_, the parent/guardian of \_\_\_\_\_  
 grant the permission for my child to participate in this martial arts' camp. I understand the inherent  
 dangers of participating in activities involving the martial arts and hereby assume any and all  
 responsibility of risk of such activities. I release the instructors and students of American Taekwondo  
 Association from all liabilities of any harm or injury that may occur.

My child has the following limitations:

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My child has the following allergies:

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Parent's signature: \_\_\_\_\_ Date: \_\_\_\_\_