

Summer Day Camps

Registration Form

Participants are responsible for their own medical insurance. TKD is a contact sport.

Name: _____

Age: _____ Sex: _____

Home phone: _____

Emergency phone: _____

Parent: _____

Any physical conditions we need to be aware of: _____

Camp #1 July 10th

Camp #2 July 24th

Camp #3 August 14th

Please enroll me/my child in the above Day camps. I understand that we hereby release Northwest Black Belt Association, Masters and members of said organization of all claims and any injuries, which may be sustained while attending the camps. I also certify that I/my child is medically fit to participate in these camps.

Date: _____

Signed: _____



Activities for the day

In addition to TKD training we will be mixing in some other aspects of training such as:

Conditioning

Action photos

Demonstration concepts

Teaching skills

Target holding

Tournament scoring



NORTHWEST

Day Camp

2010

Youth & Adult

July 10th, July 24th and August 14th

Plan to attend now!!!

Day Camps!!!

There will be a series of 3 one Day Camps during the 2010 summer months. Each will be based upon the following themes:

Camp #1 Leadership & Skills

Camp #2 All Competition

Camp #3 Self Defense & Weapons

General Camp Schedule:
9:00 to 9:30 Meet at NW Gym
9:30 to 12:00 Training
12:00 to 1:00 Lunch break
1:00 to 3:00 Training
3:00 to 3:30 Break
3:30 to 5:00 Training
Weather permitting we will go to area parks to train.

A day of fun and excitement!!!

Don't miss your chance to improve your martial arts skills!!!

Day Camp

Instructors:

Master Roy Gilbertson

7th Dan Master Instructor

14 US National Medals

Master Teresa Gilbertson

5th Dan Master Instructor

12 US National Medals

Other Master Instructors, Instructors as well as guest Instructors may help.



Loose street clothes/shorts

TKD uniform

Running shoes

TKD shoes (if you have them)

Protective equipment

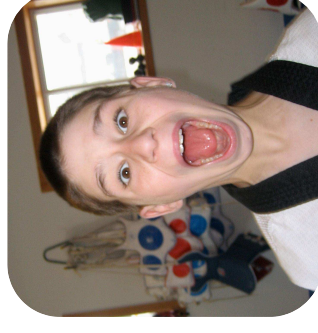
Mouth guard

Power Bar /snack

Extra t-shirt

Sack lunch

These camps are designed for the beginner to advanced student. It will be a GREAT learning experience for EVERYONE!!!



Camp Cost:

\$50 per camp

Please make checks to:
Northwest Martial Arts

Mail to:

Northwest Martial Arts
1430 Main Ave.

Fargo, ND 58103.

Preregistration is preferred to reserve your spot.