



12th Winter Camp & Big Bow Ceremony 2004
Instructor, Referee, Coach Certification Seminar
1st Kimoodo Healing Arts Certification Seminar

JAN.24 (FRI. 6:00PM) - JAN.26 (SUN. 4:00PM), 2004

1349 BRICE RD. REYNOLDSBURG, OH 43068
Oriental Martial Arts College (World Headquarters)



**1st KIMOODO Instructor
Certification Seminar**
(Obtain 24 Credit Hours)

Big Bow Ceremony

Certification Seminars

Leadership Certification

Instructor Certification

Referee Certification

Coach Certification

Moogongryu Curriculums

AMA World Games Training

Mid Term Test

Test Examiner Training



Director: Joon Pyo Choi

- . 9th Dan (Over 47 years experience)
- . Coached 1988 Seoul Olympic
- . Trained over 25,000 students
- . Produced most National Champions in U.S.
- . Instructed OSU Football Team
- . Founder of Kimoodo

ORIENTAL MARTIAL ARTS COLLEGE

(Home of Tradition and Innovation)

OMAC WINTER CAMP 2004

(Martial Arts - A lifelong asset • A healthy way of life)

ABOUT THE CAMP

Grand Master Choi's **Winter Camp Program** provides instruction for current martial arts students who cannot attend class regularly, require help in a particular area or who wish to learn at an accelerated level. This program is also open to any martial artists who wishes or needs to gain extra knowledge and skills to further their martial arts career and to be certified as an instructor, coach and referee. Develop mental, physical and emotional strength while learning effective self defense skills.

GOALS OF CAMP

- **Power of Mind** - Carve your destiny with the power of your own mind; no one else in the world is responsible for your life; you have the right and freedom to choose your own destiny.
- **Total Fitness & Health** - In the five thousand year history of Martial Arts, Martial Arts masters have developed one of the most sophisticated exercise systems in the world, offering physical and mental fitness, preventing sickness, chronic fatigue and depression. Enjoy a fun and exciting life with a healthy mind and body.
- **Self Defense Skills** (Mental, Physical, Emotional, Intellectual Defense)- Unfortunately, law is not with you when a criminal act is committed against you or your loved ones. Self defense training gives you the choice to fight back. By learning skills of self defense you can prevent attacks and obtain security and peace of mind.
- **Self and Family Unity** - Happiness begins when you find unity within yourself and family. Love, respect, patience and discipline are very important elements to obtain and maintain successful human relationships.
- **Unique & Powerful Support Group** - Be with people who share a common goal of self improvement.
- **Lifetime Recognition** - *MARTIAL ARTS BLACK BELT & INSTRUCTOR* - Becoming a Black Belt in Martial Arts is earning a special, lifetime recognition as an expert in Martial Arts, a leader, a role model at home, school, work and it may become your prestigious professional career or part time career.
- **Make yours a victorious and successful life** - Control your life with a healthy value system, free from sickness and fatigue, and the ability to defend yourself. Obtain family unity through self unity; become a member of a powerful support group with the common goal of self improvement. Earn an extra qualifications that will give you special recognition throughout your life! Your professional, financial and personal goals and the benefits described above can be achieved through the Oriental Martial Arts College's Winter Camp holistic martial arts program.

WINTER CAMP: CONTENTS & BENEFITS

I. Poomse - (PATTERN/FORM): *The Heart & Soul of Martial Arts*

Challenging self limits without opponents using various movements of self defense.

Requires much more discipline, patience and self motivation than any other element of martial arts. Mentally, it develops concentration & focus, discipline & patience, persistence & determination. **Physically**, it develops endurance & stamina, speed & power, breathing control, flexibility, while obtaining fundamentals of self defense & sparring skills. It also develops cardiovascular system, muscle development & weight control, coordination & balance, posture development & correction, timing & rhythm.

II. Kyuruki - Free Fighting for self defense (STREET SELF DEFENSE, COMPETITION SPARRING FOR SPORT):

Life is a continuation of competition, instinctively, emotionally, intellectually & physically to survive. There is no such thing to win forever. The nature is not designed for anything to survive forever. Win with a humble mind then you may have a better chance to prolong your victory. If you happen to lose, lose graciously, then you may minimize your damages and you will have better chance to win next fight. Best way of winning is win without fight. It only comes when you are prepared well. If you happen to receive a challenge by an opponent, you have no choice but utilizing maximum of your strength in mind and body with determination and concentration and will power to protect your self.

III. Hoshinsool - (SELF DEFENSE): *Case by Case Self Defense & Special Self Defense*

This training develops mental awareness, alertness, courage & bravery, emotional control, and especially reflexes & actual application of all mental & physical skills into self defense. Specific case by case self defense techniques, include Hapkido skills such as punching, kicking, striking, joint locking, sweeping, throwing, falls, escape & arrest, and others to fight against attacks in the street.

IV. Kyuckpa - (BREAKING): *Ultimate test for Accuracy, Speed, Power & Concentration*

You cannot trick the board or brick! Challenge the unknown and your fear and you will taste immediate gratification after successful execution. Test Requirement, free style breaking for competition and public performance.

V. Moogisool - (WEAPONRY): *Staff, Sword, Stick, Etc... An Ultimate Movement Art*

Develop grace & beauty as an art form. The Weapon is an extension of your body, anything around you can be used as a weapon. Weapon training offers you great exercise and self defense skills, especially to fight against bigger attackers, attackers with weapons and gang attacks.

VI. Kimoodo - (DYNAMICS OF ENERGY MERGED IN MARTIAL ARTS): *Healing & Rehabilitation*

In ancient times, Kimoodo was used to prevent sickness and injury and for physical and mental rehabilitation through movement and meditation techniques. Kimoodo is a unique aspect of Martial arts used to prevent and rehabilitate physical, emotional and mental injuries.

VII. Jidoja (Leader): *Effective Instruction Skills, Personal & Organizational Leadership Skills*

Teaching is confirmation of your knowledge and application of your knowledge into everyday life. Right Thinking, Right Talking and Right Acting for more than self will put you into a leadership position and good leadership will generate positive influence over you and for the people you lead. It requires positive commitment and training.

VIII. Mooshim Hoheupbup (MEDITATIVE BREATHING): *Stress Management & Emotion Control*

We are living in a world that changes fast. The information that we have to process is more than we can digest on time. Stress is a natural response toward changes around you; it is unavoidable as long as you live. The question is how can you handle that stress to help you rather than hurt you. It depends upon your ability to control your own energy. If you develop the energy controlling muscle with the commitment of a body builder, you will strengthen energy controlling muscle beyond your stress level. Martial Arts training offers you various methods to train your energy controlling muscle through philosophy, exercise, breathing control and meditation.

IX. Chimsool - (ACUPUNCTURE): *Fundamentals of Acupuncture & Acupressure Instruction*

Acupuncture and Acupressure belong to one of the oldest healing systems in the world. Using the principles of nature, Yin & Yang system, to heal sickness and injury has now spread to the western hemisphere and is no longer a strange concept. Learning fundamentals of Acupuncture will allow you to have a basic concept of illness, and may give you the opportunity to learn prevention and emergency measures for first aid.