



MOOGONG FALL CAMP

INSTRUCTOR, REFEREE & COACH CERTIFICATION

SEP. 26 (FRI.) - SEP 28 (SUN. 4:00PM), 2003

FRIDAY, 26

SATURDAY, 27

SUNDAY, 28

KIMOODO:

TRAINING:

PROMOTION TEST

TRAINING & EXAM

8:30PM-10PM

9AM-9PM

1PM-3PM

8AM-4PM



Oriental Martial Arts College

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Fall Camp 2003 General Info. & Application form

2003 FALL CAMP SUBJECTS AND GENERAL INFORMATION

Camp Training:

- 1) Martial Arts Philosophy & Daily Application
- 2) Moogongryu Kimoodo Review & Application
- 3) Moojung Gumdo (Padded Sword Sparring) Long Staff,
- 4) Sparring, Form, Self Defense, Breaking & More
- 5) Teaching, Refereeing & Coaching

Certification Course :

- 1) Instructor Certification (9 yrs. & up/green belt & Higher)
- 2) Referee Certification (Age 17 & up, Brown Belt & Up)
- 3) Coach Certification (Age 16 & up, All Ranks, Parents)
- 4) BUSINESS Management Certification (Age 18 & up All Ranks)

Camp Cost: \$99.00 - OMAC Current Members
 \$149.00 - Non OMAc Members

Fee Includes:

- 1) Training, Seminars, All materials, Food & Sleep in Dojang
- 2) Instructor's Uniform- Red or Blue - \$50.00

THINGS YOU NEED TO BRING:

Training Equipment : Uniform (W.T.F Black V-neck Uniform), Warm Up, Head Gear, Chest Pad, Shin-Instep Pad, Arm & Fist, Groin Cup, Mouth Piece, Long Staff, Rubber knife, Target, Bamboo Sword Padded Sword

Personal Items: Toothbrush, Toothpaste, Soap, Shampoo, Towels, Blanket / Sleeping Bag, Water Bottle, Pillow, Etc...

Schedule of Event

Fri. 9/26/03	6:00pm-6:45:pm Registration & Introduction 6:45-8:00 pm Leadership Training during Class 8:30pm-10:00pm Kimoodo Class introduction and techniques with Grandmaster Choi
Sat. 9/27/03 (Training & Test)	9:00am-10:00am Registration & Introduction 10:30-11:30 Moogongryu Basics (Mooshim,Innae,Geukki, Jajeh) Warm up & conditioning 11:30-12:30pm Little Tiger Training & Role Play 12:30-1pm Lunch Break 1:00-3pm 3rd Quarter Main Test (All Ranks) 3:30pm-5pm Sparring/Refree/Coaching Methods 5:00-6:00 Team Demo Training, Synchronized Forms 6-7pm Dinner Break 7-8pm Self Defense Techniques 8-9pm Moogongryu Curriculum 9-10:30pm Weapon (Sword, Long Staff) 10:30-11 Break & Snack 11:30 Lights out
Sun. 9/28/03 (Training, Exam. & Graduation)	8:30-9am Morning Exercise & Power Breathing 9-9:30am Breakfast 9:30-10:30am Curriculum 10:30-12:30nn Team Demo Training, Synchronized Forms 12:30-130pm Lunch Break 1:30-2:30 Final Review 2:30-30:30 Examination 3:30-4pm Graduation

I wish to participate: Training & Certification Seminar _____ Rank Test _____ Sleep in Dojang : Yes _____ No _____
 Total fee: 1) Training & Certification Seminar \$ _____ 3) Test fee (Optional) \$ _____ Total fee \$ _____
 _____ Total pd. \$ _____ How pd: Cash / Check / Credit Card, Other _____
 Kind of Card: _____ Card # _____ Expire ____/____

Name (Last) _____ First _____ Date of Birth _____ Age M F Your Rank Home Phone _____

Home Address _____ City _____ St. _____ Zip _____ Work Phone _____

Name of Parents (If minor) _____ Occupation _____

Employer (Parent's if Minor) _____

Name of Your School and Branch _____

Your Instructor's Name & Rank _____

Phone Number _____

Liability Waiver

I hereby submit my application to the Martial Arts Programs developed by Oriental Martial Arts College. I agree to wave against any person connected with any and all program offered by Oriental Martial Arts College for injuries I may sustain and likewise assume full responsibility for all my actions in connection with all said programs of Oriental Martial arts College. I understand there are rules and Regulations associated with the programs and I will abide by said rules and regulations. I also understand that any pictures and video tapes of me participating in said programs may be used for publicity without any compensation.

Participant's Signature _____

Date _____

Parent's Signature (If minor) _____

Date _____