



OMAC Spring Camp 2004

Instructor, Referee, Coach Certification Seminar 2nd Kimoodo Healing Arts Certification Seminar

APR.23 (FRI. 6:00PM) - APR.25 (SUN. 4:00PM), 2004

1349 BRICE RD. REYNOLDSBURG, OH 43068

Oriental Martial Arts College



2nd KIMOODO Instructor Certification Seminar (Obtain 18 Credit Hours)

Certification Seminars

Instructor Certification

Referee Certification

Coach Certification

Moogongryu Curriculumms

Test Examiner Training

April Mid Term Test



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 SPRING CAMP 2004

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

ABOUT THE CAMP

Grand Master Choi's **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 knowlegde and skills to further thier 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 and Healing Arts.

GOALS OF CAMP

- **Power of Mind & Body** - 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 & Instructor 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.

SPRING 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 & Sports (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.

OMAC INSTRUCTOR'S CLASSIFICATION:

1. All Instructors need to participate Certification Seminar and pass the test to receive a proper certification level, recognition & privileges.
2. Certification seminar will be conducted at the Winter Camp, Spring Camp, Summer Camp & Fall camp (Please see OMAC year schedules of event)
3. Able to perform own requirement & Meet all activity requirement
4. Good personality with positive leadership (Loud Kiap & Powerful Voice)

LITTLE TIGER INSTRUCTOR (TEACHING AGE 12 & UNDER) LEVEL 1-2

| | |
|------------------------------------|--|
| Uniform Color & Patches | Red TKD V-Neck Tiger Patch & Instructor Patch (Left Shoulder) |
| LT Level 1-2 | Level 1 - Assistant Instructor (Under Brown Belt, 9 yrs. old & Up) Level 2 - Recommended Instructor (4th-1st Gup, 12 yrs. old & Up) |

REGULAR INSTRUCTOR (TEACHING ALL AGES & RANK) LEVEL 1- 4

| | |
|------------------------------------|---|
| Uniform Color & Patches | Blue TKD V-Neck Instructor Patch (Left Shoulder) |
| Level 1-2: | Requires to be 13 years & older with Brown belt & up Level 1 - Assistant Instructor (Jo-Kyo) Level 2 - Associate Instructor (Bu-Saboum) |
| Level 3-4: | Requires 18 & older with Black belt holder Level 3 - Full Instructor (Jung-Saboum) Level 4 - Senior Instructor (Sun-Saboum) |

MASTER INSTRUCTOR (5TH DAN& HIGHER) LEVEL 5 - 6

| | |
|------------------------------------|--|
| Uniform Color & Patches | Master's Uniform Master's Patch (Left Shoulder) |
| Level 5 | Master Instructor (Sabu) |
| Level 6 | Grand Master (Dae-Sabu) |

KIMOODO INSTRUCTOR

| | | | | | | |
|-------------------|---------|---------|---------|---------|---------|---------|
| Level 1-6: | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 | Level 6 |
|-------------------|---------|---------|---------|---------|---------|---------|

2004 Martial Arts Spring Camp Information & Application

☐ **CAMP SUBJECTS...** PLEASE APPLY BEFORE 4/14, AVOID LATE FEE

❖ **Kimoodo(Healing Arts) - Fill out Kimoodo form (Separate)**
(Kimoodo Certification Course Requires 48 Hours Class & Earn 18 Hours Credit from This Camp)

❖ **Camp Training:**

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

❖ **Certification Course: (OMAC membership Fee \$50.00/yr.)**

- 1) Instructor Certification
- 2) Referee Certification
- 3) Coach Certification
- 4) Test Examiner Training

❖ **MARTIAL ARTS Camp/Certification Course Fee: - NOT KIMOODO**

❖ **Fee \$198.00 (Non-Member), \$99.00 (Member) BEFORE 4/14/04
AFTER 4/14/04 ADD \$20.00, ONSITE: ADD \$30.00**

FEE Includes:

- 1) 2 days training, Seminars & All materials
- 2) Meals, Snacks, Drinks & Sleep (in Dojang)
- 3) Diploma & Certification upon successful completion

❖ **Eligibility:** 9 yrs. & older, Green belt & up (Good standing members) - (OMAC member need to pay \$50.00 for annual Fee)

THINGS YOU NEED TO BRING:

- ❖ **Training Equipment :** Uniform, Warm Up, Head Gear, Chest Pad, Shin-Instep pad, Arm & Fist, Groin Cup, Mouth Piece, Long Staff, Kali Stick, Rubber knife, Paddle, Bamboo Sword, Paddes Sword
- ❖ **Personal Items:** Toothbrush, Toothpaste, Soap, Shampoo, • Towels, Blanket / Sleeping Bag, Pillow / Personal Items etc...

Schedule of Event

(PLEASE APPLY BEFORE 4/14, AVOID LATE FEE)

**Fri.
4/23/04**

6pm-10pm:
6-6:30pm **Kimoodo**
Registration, Orientation, Hand out, Name Tag, Introduction
6:30-7:45pm Kimoodo Principle Cultivation of Life Energy
Divine Breathing & Mooshim Healing Exercise
8-10:00pm **Acupuncture** (American Institute of Alternative Medicine)
10-11pm Dinner & Break, Lights out at 11:30pm

**Sat.
4/24/04**

9am-10pm
9-9:30 **Kimoodo**
Registration, Orientation & Introduction
9:30-10:30am: **Alexander Stretching by Master Korchak**
10:30-11:30 MooGong Curriculums (MooShim, InNae, Geukki, Jajeh, DaeMahng...)
11:30-12:30 Little Tiger Instructor Training by Matt Pasquinilli (Author of Child Whisperer)
12-1pm Paddle Drill & Sparring
1-2:15pm Lunch Break
2:15-3:30pm MooGong Curriculum, Long Staff, Olympic Sparring, Poomse, Coaching, Referee Training
3:30-5:00pm **Massage Seminar by Helen Yee** (American Institute of Alternative Medicine)
5:15-6:30 Dinner Break
6:30-8:30 Padded Sword, Kali, Long Staff
8:45-10pm All Test Requirements Review
10-11:00 Break
11:30 Lights Out

**Sun.
4/25/04**

9am-4pm
9-9:30am **Kimoodo**
Breakfast & Review
9:30-10:30am **Alexander Stretching** & Conditioning
10:30-11:30 Padded Sword, Kali, Long Staff
11:30-12:30 Lunch Break
12:30-1:45pm All Test Requirements Final Review
2-4pm Test, Examination & Final Evaluation
4:00-5:00 Graduation

I wish to participate: Camp Certification seminar _____ Sleep in Dojang : Yes____ No____ Total fee: 1) Training & Seminar \$_____ 3) Test fee (Optional) \$_____ Annu.Memb. Fee \$_____ **T-Shirts: \$10.00 (before 4/14, after \$15.00), Video Tape (Kimoodo) \$24.99 (before 4/14, after-\$29.99) Total fee \$_____ Total pd. \$_____**
Bal. if any \$_____ How pd: Cash / Check / Credit Card, Other _____ Kind of Card: _____
Note: _____ Card # _____ Expires _____ / _____

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 waive any claims against any person connected with any and all programs offered by Oriental Martial Arts College for injuries I may sustain and likewise assume full responsibility for all my actions in connection with said programs of Oriental Martial Arts College. I understand there are rules and regulations associated with these programs and I will abide by said rules & regulations. I also understand that any pictures or video of me participating in said programs may be used for publicity without compensation. I agree that I will not, directly or indirectly provide instruction in the skills or knowledge of curricula developed by OMAC Inc. without first receiving written permission from the Oriental Martial Arts College Inc.

Participant's Signature

Date

Parent's Signature (If minor)

Date

Kimoodo[®] - Healing Art

(Healing Energy Merged in Dynamics of Martial Arts)



“신비의 氣武道”

-THREE GREAT POWER OF KIMOODO-
Power Breathing, Power Stretching, Power Mind

Kimoodo[®] for Health & Happiness

Vision:

Kids grow up Happy & Healthy,
Young become Wise & Strong, Old enjoy Peace & Harmony



❖ Holistic Life Skills ❖ Stress Relief
❖ Balanced Life ❖ Health & Fitness ❖ Peace & Harmony

Kimoodo Holistic Life Center

Oriental Martial Arts College (Since 1971)

Grandmaster Joon P. Choi, Founder/President

1349 Brice Rd. Reynoldsburg, Ohio 43068

(614)864.4000, 864.4146(Fax), jchoi@moogong.com, www.OMACworld.com

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Choi's Kimoodo (Ancient Healing Arts)

-Dynamics of Healing Energy Merged in Martial Arts-



Choi's Kimoodo has its roots in ancient Asian Martial Arts, an aspect of which has been used in Asia more than 5,000 years to maintain healthy mind and body and treat injury or illness. The literal translation of "Kimoodo" is "the way of **"Life Energy"** merged in discipline of martial arts". Choi's method is very holistic, and Kimoodo protocol harnesses the practitioner's **"Life Energies"** in the healing process. The practitioner's mind, body, spirit and emotion work together to keep best condition and fight injury, illnesses and overcome hardships in life.

Joon Pyo Choi, fled from North Korea during the Korean War and grew up in a refugee camp with street violence and confusion. A few years later, a small, shy, undersized boy of 11 started formal Taekwondo training under Supreme Grand Master Byung Jick Ro, Founder of Song Moo Kwan system and father and pioneer of Modern Taekwondo in Korea. **And.....**

Master Choi is now a ninth degree black belt a senior grandmaster in Taekwondo which is an Ancient Korean Martial Arts with over 45 years of experiences in various martial arts, hypnotism, acupuncture, in Korea and United States. Two times Korean National Champion, and former U.S. Olympic Coach, he is founder of the prestigious Oriental Martial Arts College. Since 1963, he trained more than 25,000 students and instructed The Ohio State University football team, members of the Police Academy, members of the Secret Service, FBI, SWAT, Olympians and professional athletes.

In addition to his extraordinary martial arts career, Grandmaster Choi also involved in a various community organizations and activities. He served as a Goodwill Ambassador for U.S Senate Governor George Voinovich during his governorship in the State of Ohio from 1993-1997 and also served as a president of Asian American Commerce Group. In 1998 he was elected as a member of Board of Trustees for United Way and appointed as a member of Columbus Community Relations commissioner.

Master Choi's disciplined and focused approach to train mind, body and emotion heightens overall life skills of practitioners. The results are increased self esteem and confidence, greater stamina, release of tension, and increases muscle tone, speed, power, endurance, stamina, flexibility. In addition to these benefits, the Choi's Kimoodo teaches effective self defense skills in slow motion with breathing and concentration developing techniques tailored to the needs of each individual . Kimoodo thus enhances holistic life skills and offers a greater understanding of life, self and the nature.

Through exercise regimens and meditative breathing techniques designed for each individual case, Master Choi guides practitioners from sickness and injuries toward health. He leads them from anger, fear, depression, stress and confusion to harmony, peace and happiness.

Master Choi has long applied healing art the "Kimoodo" to the unique problems of each person, he has helped sufferers of various physical, mental, emotional problems including terminal cancer, osteoarthritis, muscle, joints, and back injuries, stroke patients and various kind of emotional problems such as ADD, ADHD, and sleeping disorder. Kimoodo is a -viable rehabilitation system for all ages and professions regardless of extent of their current condition.

2004 SPRING CAMP KIMOODO SEMINAR SUBJECT & APPLICATION FORM

- Power Breathing ● Power Stretching ● Power Mind ● Mooshim-Chun ● Mooshim-Ji ● Mooshim-In ● Jwa-Mooshim
- Life Conversion ● Rehabilitation ● Rejuvenation ● Meditation ● Stress Management ● Healing Energy
- Acupuncture ● Alexander Stretching ● Therapeutic Massage

| Friday, 4/23/04 | | Session | Saturday, 4/24/04 | | Session | Sunday, 4/25/04 | | Session |
|-----------------|--|---------|-------------------|---|---------|-----------------|---|---------|
| 6-6:30pm | Registration, Orientation & Introduction | # 100 | 9-9:30 | Breakfast | # 103 | 9-9:30am | Breakfast & Review | # 105 |
| 6:30-8pm | Kimoodo Principle, Cultivation of Life Energy, Philosophy, 3 Divine Breathing & Stretching | | 9:30-10:30 | <i>Alexander Stretching</i> | | 9:30-10:30 | <i>Alexander Stretching</i> & Conditioning | |
| | | | 10:30-1pm | Mooshim Chun, Ji, In, Jwa (Chair) | | 10:30-11:30 | Mooshim Chun, Ji, In, Jwa (Chair & Floor) | |
| | | | 1-2:15pm | Lunch Break | | 11:30-12:30 | Lunch Break | |
| 8-10pm | <i>Acupuncture</i> | #101 | 2:30-3:30 | Mooshim Chun, Ji, In, Jwa (Chair & Floor) | #103 | 12:30-1:45 | Mooshim Chun, Ji, In, Jwa (Chair/Floor), Wah Test, Examination & Final Evaluation | #106 |
| 10-11pm | Dinner & Break | | 3:30-5pm | <i>Massage Seminar</i> & Dinner Break till 6:30pm | | 2-4pm | | |
| 11:30pm | Lights out | | 6:30-8:30 | Mooshim Chun, Ji, In, Jwa (Chair & Floor) | #104 | 4:00-5:00 | Graduation | |
| | | | 8:45-10pm | 3 Divine Breathing, Stretching & Mooshim Wah Break & Lights Out - 11:30pm | | | | |
| | | | 10-11:00 | | | | | |

☐ ☐

Name (Last Name First)

Date of Birth

M F

Mailing Address

City

State

Zip

Phone (H)

Employer (If minor-Parent)

Occupation

E-Mail Address

Previous martial arts training ? yes___ no___ If yes; how long_____ current rank _____ dan _____ gup

Your martial arts discipline_____ Your martial arts affiliation_____

Name of your school_____ Instructor Name_____

School Address_____ City_____ St._____ Zip_____

Phone_____ E-mail_____ Web_____

KIMOODO INTRUCTOR CERTIFICATION COURSE (REQUIRES 48 HRS. TO COMPLETE)

- Total credit hours to complete a Kimoodo Instructor Certification Course is 48 Hours.
- 48 credit hours may be obtained through four Camps (Winter Camp, Spring Camp, Summer Camp and Fall Camp).
- Cost for Completion of Certification is \$5,760.00.
- Fee includes: Tuition, Certification, License to Teach and hold Seminars (with OMAC representatives - Pre-approval required), 4 T-Shirts, 10 Video Tapes, Discount on video tapes & other merchandise.
- Total credit hours for Spring Camp: 18 Hrs. ● Cost: \$2,160.00
- This Camp curriculum Includes: Mooshim (Power Breathing, Power Stretching, Power Mind - 12 hrs.), Accupuncture - 2 hrs., Massage - 2 hrs., Alexander Stretching - 2 hrs.
- Payment: 1) Pay in Full for 48 hours full course - 10% off
2) Installment Plan Available w/ 10 % Fee (All payments use EFT or Tuition Financed by Banks upon credit approval
3) Instructor Certification Course student needs to sign up for all 48 Hours of Class up front
- **Kimoodo Non-Certification Class Fee: \$45.00 per session (11/2-21/2 hrs.)**
Please circle on Session: #100___ #101___ #102___ #104___ #105___ #106___ #107___ Total # _____ X \$45.00 = \$_____

Yes! Sign me up for the KIMOODO CERTIFICATION Program!

Tuition \$_____ Discount (_____) \$_____ T-Shirts (Sz. S.M.L.XL XXL) \$10.00 (befor 4/14), after \$15.00

Video Tape \$24.99 (before 4/14) after \$29.99 Total Cost \$_____ Total Pd. \$_____ Bal.\$_____ Payment Plan:_____

Payment Method: ___ Check ___ Money Order, or Credit Card. Kind of Credit Card : ___ MC ___ VS ___ Others_____

Card No:_____ Exp_____/_____/_____

Notes:_____

LIABILITY WAIVER

I hereby submit my application to the Martial Arts programs developed by Oriental Martial Arts College. I agree to waive any claims against any person connected with any and all programs offered by Oriental Martial Arts College for injuries I may sustain and likewise assume full responsibility for all my actions in connection with said programs of Oriental Martial Arts College. I understand there are rules and regulations associated with these programs and I will abide by said rules & regulations. I also understand that any pictures or video of me participating in said programs may be used for publicity without compensation. I agree that I will not, directly or indirectly provide instruction in the skills or knowledge of curricula developed by OMAC Inc. without first receiving written permission from the Oriental Martial Arts College Inc.

Signature (Member)

Date

Signature of Parent (If minor)

Date