

ATC EXTREME DISCIPLINE SUMMER CAMP 2011

ALL ATC AND NON ATC STUDENTS ARE WELCOME

OVER 40 HOURS OF SPECIAL ADVANCED TRAINING, BELT TESTING & DAN TESTING

\$425.00 INCLUDES

NEW KEUP BELT & KEUP CERTIFICATE
TESTINGS, AWARD & MATERIALS
ATC T-SHIRT & NEW UNIFORM
Basic Meals Included

(Bring a Smaller Cooler & Drinks)

**BLACK BELT or BLACK BELT
CERTIFICATE NOT INCLUDED**

ATC SUMMER & BLACK BELT CAMP

WHEN: Fri June 17th, Sat 18th & Sun 19th

TIMES: FRIDAY 6:30PM TO SUNDAY 4PM

WHERE: CORONA NORTH 281 DUPONT STREET #103 CORONA 92879

SATURADY PROMANADE PARK TRAINING 6AM TO 2PM

**PUSH
YOUR LIMIT!**

SPECIAL TRAINING IN SEVERAL STYLE BY TOP MASTERS

TAEKWONDO HAPKIDO WEAPONS MUAY THAI NINJITSU GRACIE JIUJITSU

THINGS TO BRING

SLEEPING BAG
TOILETRIES & FLASHLIGHT
EXTRA UNIFORM - SNEAKERS
SLEEP - UNIFORM PANTS AND T-SHIRT
SNACKS (HEALTHY SNACK)
FLASHLIGHT & BATTERIES

ALL BLACK BELTS

IF YOU ARE DAN TESTING, YOU MUST
SEE YOUR INSTRUCTOR & FILL OUT A
BLACK BELT APPLICATION. THE CAMP
FEE DOES NOT COVER BLACK BELT
TESTING, BLACK BELT OR BLACK BELT
DAN CERTIFICATE.

**EMBROIDERED BLACK BELT INCLUDED ONLY
WITH BLACK BELT DAN APPLICATION FEE .**

Name:

DOB / / **Age:** **M/F:**

Current Rank:

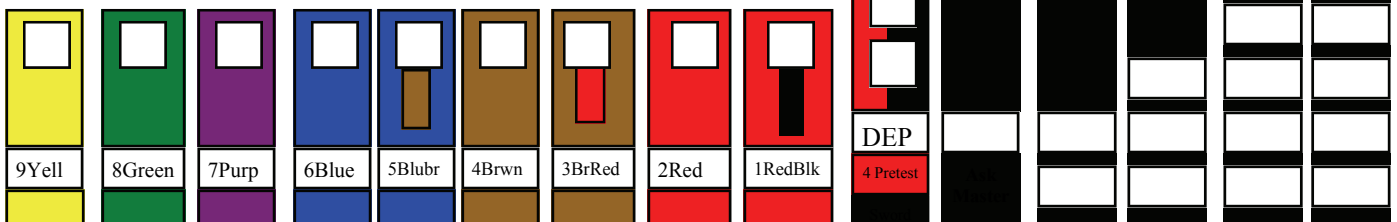
Testing For Rank:

Belt Size: 1 2 3 4 5 6 7

Uniform Size: 1 2 3 4 5 6 7

PRINT CLEARLY ON APPLICATION

T-SHIRT Size: CHL/10-12 S M L XL XXL



\$425.00

COVERS CAMP FEES

BLACK BELT & BB CERTIFICATE IS
NOT INCLUDE WITH THE CAMP FEE

**See your Master for Black Belt
Certificate Application.**

**REGISTER ONLINE AND SAVE
WWW.ATCMA.COM (Current Events)**

FORM OF PAYMENT - NO CHECKS - MONEY ORDERS MADE TO ATC

MONEY ORDER _____ VISA MC CASH ONLINE

CREDIT CARD # _____ EXP _____

3 DIGIT SECURITY CODE ON BACK OF CARD _____ AMX 4 _____

NAME ON CARD _____

HOME ADDRESS _____ ZIP _____

SIGNATURE: _____

APPLICATION MUST BE TURNED IN BEFORE FRIDAY 06/11/11

SUMMER DISCIPLINE TRAINING CAMP - JUNE 17, 18, 19th

"Improve your techniques, Practical Self Defense and Learn Other Martial Arts"

World Renown Martial Art Masters: TaeKwonDo - HapKiDo - JiuJitsu - Muay Thai - To Shin Do - Weapons

**Grandmaster K.O. Spillmann 8th Dan / Grandmaster Byung Chul Chang 8th Dan / Grandmaster M. Lind 7th Dan
Grandmaster (Ajarn) Nelson Siyavong / Master S. Gover 5th Dan / Master J. Safa 5th Dan / Master Adler 4th Dan
Master Hurdle 4th Dan / MANY OTHER SPECIAL GUEST MASTERS MAY BE ATTENDING**

"SEE IF YOU ARE STRONG ENOUGH TO TAKE THE MENTAL & PHYSICAL CHALLENGE"

FRIDAY SCHEDULE: JUNE 17TH:

6:30PM - FILL OUT WAIVER - SETUP, RULES AND REGULATIONS - TEAM CAPTAIN SELECTION - TEAM SELECTION
7:00PM - WARM UP & NIGHT RUN
7:30PM - TAEKWONDO HISTORY & PRINCIPALS BASICS
8:00PM - PLYOMETRICS WORKOUT—HARDCORE PLYO
9:00PM - PIZZA TIME & SALAD
9:45PM - PRINCIPLES OF STREET SELF DEFENSE (GRANDMASTER K.O. SPILLMANN)
10:30PM— BREAK TIME
11:00PM - SPARRING DRILLS (ALL SPARRING TEAM MASTERS)
12:00AM - POWER PRINCIPLES OF DO, HYMGISHIKDO TAEGUEK 1 TO 8(GRANDMASTER K.O. SPILLMANN)
1:00AM - HAPKIDO KNIFE DEFENSE - ADVANCED PRESSURE POINTS - PARKING LOT (MASTER K.O SPILLMANN)
2:00AM - **MASTER, INSTRUCTOR, T-INSTRUCTOR WALK AND MARTIAL ARTS TALK TEACHING PRINCIPLES**
2:30AM - BREAK TIME—GET READY FOR SLEEP
3:00AM TO 6:00AM - MILITARY FIRE WATCH (WE MAY HAVE A SURPRISE RUN)

SATURDAY SCHEDULE: JUNE 18TH (THINGS MAY BE ADJUSTED)

6:00AM - BREAKFAST CLEAN UP & GO TO CORONA PARK (PARK LOCATION MAY CHANGE)
7:30AM - WARM UP & RUN (MASTER GOVER, INSTRUCTORS DAVIS, INSTRUCTOR DURAN, T-INSTRUCTOR NALBANTIC & STEWART)
8:00AM - BRAZILIAN JIU-JITSU BASICS & GRAPPLING IN GRASS (MASTER SPILLMANN— JIU-JITSU BLACK BELT)
9:00AM - SWORDS — **GM BYUNG CHUL CHANG**
10:00AM— STAFF TRAINING - **GM BYUNG CHUL CHANG (BRING YOUR OWN STAFF - ORDER A BASIC SATFF \$25.00)**
11:00AM - TAGUEKS 1 to 8 (**LOWER STUDENTS WILL PRACTICE TESTING FORM**) (GM SPILLMANN)
12:00PM - POWER PRINCIPLES OF THE HYUNGS/TUL—ITF/TI 1-14 (GRANDMASTER SPILLMANN, MASTER GOVER & INSTRUCTOR DAVIS)
1:00PM - HAPKIDO MILITARY & STREET DEFENSE: (GRANDMATSER SPILLMANN & GRANDMASTER LIND)
2:00PM - 3:00PM - LUNCH BREAK (PARENTS BRING LUNCH OR BAG LUNCH)
3:00PM - **TO SHIN DO - NINJA WARRIOR TRAINING**
5:00PM - BRAZILIAN JIU-JITSU BASIC TECHNIQUES & GRAPPLING (GRANDMASTER SPILLMANN & T-INSTRUCTOR HADLEY)
6:00PM – MUAY THAI BASIC PRINCIPLES
8:00PM - DINNER — BBQ—KOREAN STYLE
10:00PM - UM AND YONG POWER - THEORY IMPLAMANTATION - TAEGUEKS 1-8 (GRANDMASTER SPILLMANN)
11:00PM - ITF/TI HYUNGS 1-20 (**GM SPILLMAN. GM LIND, MASTER GOVER, MASTER SAFA & NSTRUCTOR DAVIS**)
12:00AM - DEMO GRADUATION PRACTICE - PART OF TESTING (SUPERVISED BY MASTERS)
2:00AM - SLEEP FOR ALL STUDENTS. (ALL TESTING FOR INSTRUCTOR RANK WILL NOT SLEEP—INSTRUCTOR TESTING)
2:00AM - BLACK BELT CANIDATES 12 and UP ONLY KORYO TO, KEUMGANG, TAEBEAK, SIPJIN. (GRANDMASTER LIND)
3:00AM - STUDY FOR EXAMINER & INSTRUCTOR CERTIFICATION. (**IF YOU FAIL TEST YOU WILL NOT GRADUATE**)
3:30AM TO 6:00AM SLEEP TIME - MILITARY TEAM FIRE WATCH BY T-INSTRUCTORS OR DAN TESTERS.

SUNDAY SCHEDULE: JUNE 19TH (GRADUATION DAY & GRADUATION CLASS DEMO)

6:00AM - PLYOMETRICS WORKOUT
6:15AM - HAPKIDO WRIST GRAB DEFENSE (MASTER K.O SPILLMANN & MASTER M. LIND)
7:00AM - DEMO AT SCHOOL PRACTICE (SUPERVISED BY MASTERS)
9:30AM - BREAK TIME BREAKFAST: (FRUIT / MUFFINS/ COFFEE)
10:00AM - WARM UP FOR TESTING (INSTRUCTOR DURAN & T-INSTRUCTOR NALBANTIC AND STEWART)
10:30AM - Deputy Belt PRE-TEST EXAMINATION (GRANDMASTER K.O SPILLMANN. GRANDMATSER LIND & MASTER SAFA, MASTER GOVER)
12:00PM - BELT TESTING ALL BELTS (Breaking TECHNIQUES will be done during demo - Breaking at your risk)
1:00PM - **FINAL DEMO PRACTICE**
1:30PM - DEMONSTRATION & TESTING FINALLY. (**FAMILIES WELCOME**)
2:00PM - AWARD CEREMONY & STUDENT PICK UP. (PLEASE DO NOT BE LATE)

SUNDAY 3:00PM - BLACK BELT GRADUATION & CELEBRATION DINNER

BLACK BELTS EAT FREE - ALL STUDENT MAY ATTEND TO CELEBRATE THIS SPECIAL DAY
LAGUNA TACOS - CELEBRATION \$6.00 PER PERSON & RSVP BY JUNE 15TH

New Embroidered Black Belts will be Awarded at Camp

(Black Belt Certificates will be awarded within 7-14 Months on a regular testing day)

OPEN TO AGES 8YRS AND UP - IF YOU DON NOT FOLLOW RULES AND REGULATIONS YOU WILL BE ASKED TO LEAVE, IF YOU ARE ASKED TO LEAVE THERE WILL BE NO REFUNDS (SEE CAMP WAIVER)

Camp Director Instructor J. Spillmann & Instructor Davis (951-520-0200)