

REGISTER ONLINE

\$395.00

BY JUNE 1ST

# ATC EXTREME DISCIPLINE SUMMER CAMP 2010

ALL ATC TAEKWONDO, HAPKIDO, JIU-JITSU AND NON ATC STUDENTS ARE WELCOME

**OVER 40 HOURS OF TRAINING, BELT TESTING & DAN TESTING**

## \$425.00 INCLUDES

NEW KEUP BELT & KEUP CERTIFICATE  
TESTINGS, TROPHY & MATERIALS  
ATC T-SHIRT & ONE NEW UNIFORM  
ALL MEALS INCLUDED

## SPECIAL TRAINING

TaeKwon-Do / HapKiDo / Judo / Brazilian Jiu-Jitsu /  
Boxing / Gum-Do -Kendo / Street Self-Defense.

( Bring a Small Cooler & Drinks )

**DAN CERTIFICATION NOT INCLUDED**

## ATC SUMMER & BLACK BELT CAMP

**WHEN:** FRI JUNE 18th, SAT 19th & SUN 20th

STARTS FRIDAY 6:30PM TO SUNDAY 2PM

**WHERE:** CORONA SUPER CENTER

281 DUPONT CIRCLE #103 CORONA CA 92879

( SATURDAY PROMENADE PARK TRAINING 6AM TO 2PM )

4  
PHOTOS  
1 X1

Cut top section and keep for testing times " PLEASE PRINT CLEARLY ".

### 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  
DAN CERTIFICATION OR BLACK BELT**

EMBROIDERED BLACK BELT INCLUDED  
WITH BLACK BELT DAN FEES

Name: \_\_\_\_\_

DOB     /     /     Age:     M/F:     \_\_\_\_\_

Current Rank: \_\_\_\_\_

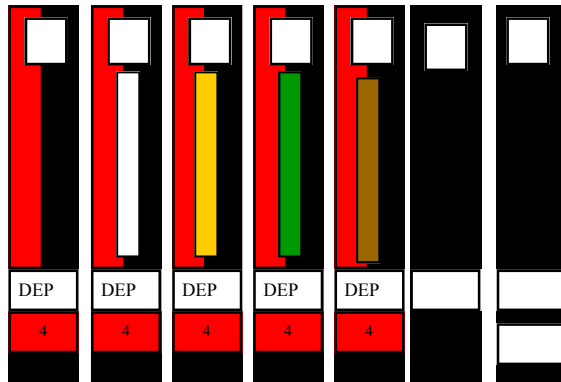
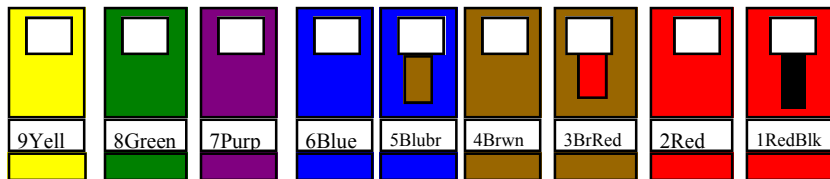
Testing For Rank: \_\_\_\_\_

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



HAPKIDO & JIUJITSU STUDENTS FILL OUT TESTING APPLICATION - ASK YOUR MASTER

\$425.00

\$ \_\_\_\_\_

**WITH THIS APPLICATION  
BLACK BELT IS NOT INCLUDED  
BB DAN CERTIFICATE IS NOT INCLUDED**

**" See Instructor for Black Belt Dan Fee "**

All Students Bring Attach 4 Photos

( 4 ) 1x1 pictures

CHECK # \_\_\_\_\_  VISA  MC  AMX  CASH

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 06/12/10**

**NO REFUNDS OR CREDIT ON CAMP FEE 'S DUE TO LIMITED SPACE**

# SUMMER DISCIPLINE TRAINING CAMP - JUNE 18th, 19th, 20th

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

## World Renown Martial Art Masters

**Grandmaster K.O. Spillmann 8th Dan / Grandmaster M. Lind 7th Dan**

**"SPECIAL GUEST MASTERS" - SPECIAL GUESTS MAY CHANGE**

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

### **FRIDAY SCHEDULE:**

6:30PM - FILL OUT WAIVER - SETUP, RULES AND REGULATIONS - TEAM CAPTAIN SELECTION - TEAM SELECTION  
7:00PM - WARM UP & NIGHT RUN  
8:00PM - TAEKWONDO, JIUJITSU AND HAPKIDO HISTORY & BASICS  
9:00PM - TKD PRINCIPLES - SASHI BODO - STREET SELF DEFENSE (GRANDMASTER K.O. SPILLMANN)  
**10:00PM - BREAK TIME**  
10:30PM - SPARRING DRILLS & COMBINATIONS (ALL MASTERS)  
11:30PM - POWER PRINCIPLES & UM /YUNG OF DO, HYMGISHIKDO TAEGUEK 1 TO 4 ( GRANDMASTER K.O. SPILLMANN)  
12:30AM - HAPKIDO KNIFE DEFENSE - ADVANCED PRESSURE POINTS (MASTER K.O SPILLMANN)  
1:30AM - **MASTER, INSTRUCTOR, T-INSTRUCTOR WALK AND MARTIAL ARTS TALK TEACHING PRINCIPLES**  
1:30AM - STUDENTS GET READY FOR SLEEP  
1:30AM TO 6:00AM - MILITARY FIRE WATCH (WE MAY HAVE A NIGHT RUN)

### **SATURDAY SCHEDULE: (THINGS MAY BE ADJUSTED) PARK TRAINING**

**6:00AM - BREAKFAST & CLEAN UP ACADEMY**  
**7:00AM - GO TO CORONA PARK (PARK LOCATION MAY CHANGE)**  
7:00AM - WARM UP, RUN BASICS (MASTER GOVER, MASTER SAFA - INSTRUCTOR DAVIS)  
8:00AM - BRAZILIAN JIU-JITSU BASICS & GRAPPLING IN GRASS (MASTER GRACIE OR K.O. SPILLMANN)  
9:00AM - SWORD FORMS 1 & 2 (GUMDO) ( MASTER LIND & INSTRUCTOR DAVIS)  
11:00AM -TAGUEKS 4 to 8 (LOWER STUDENTS WILL PRACTICE TESTING FORMS) (GRANDMASTER SPILLMANN)  
**11:00AM - HAPKIDO & JIU-JITSU STUDENTS WILL PRACTICE REQUIRED TESTING TECHNIQUES. (11AM TO 1PM)**  
12:00PM - SIGN WAVE POWER PRINCIPLES OF THE HYUNGS/TUL—ITF/TI 1-14 ( GRANDMASTER SPILLMANN & INSTRUCTOR DAVIS )  
**1:00PM - HAPKIDO MILITARY & STREET DEFENSE: (GRANDMASTER SPILLMANN & GRANDMASTER LIND)**  
**2:00PM - 3:00PM - LUNCH BREAK / PIZZA AT SCHOOL**  
3:30PM - COMMANDO GUN & RIFLE SELF DEFENSE (MASTER SPILLMANN & MASTER LIND)  
4:30PM - BRAZILIAN JIU-JITSU BASIC TECHNIQUES & GRAPPLING (MASTER ROCIAN GRACIE OR K.O. SPILLMANN)  
6:00PM – BOXING PRINCIPLES—CORRECT MOVMENTS  
7:00PM - COMBATIVE SELF DEFENSE— (GRANDMASTER SPILLMANN)  
8:00PM - JUDO AND HAPKIDO TAKE DOWNS  
**9:00PM - DINNER — KOREAN BBQ —ALL YOU CAN EAT**  
11:00PM - ITF/TI HYUNGS 1-20 ( GRANDMASTER SPILLMANN & INSTRUCTOR DAVIS)  
12:00AM - DEMO GRADUATION PRACTICE - PART OF TESTING ( SUPERVISED BY MASTERS )  
**2:00AM - SLEEP FOR ALL NON BLACK BELTS. ( ALL TESTING FOR INSTRUCTOR RANK WILL NOT SLEEP)**  
2:00AM - BLACK BELT CANDIDATES 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**

6:00AM - WORKOUT AT PARK ( DEPENDS ON WEATHER ) ( MASTER K.O SPILLMANN & A-INSTRUCTOR SPILLMANN & T-INSTRUCTOR DAVIS)  
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  
10:30PM - BELT TESTING ALL BELTS ( Your breaking TECHNIQUES will be done during demo)  
12:30PM - DEMONSTRATION & GRADUATION. ( FAMILIES WELCOME )  
**1:00PM - AWARD CEREMONY & STUDENT PICK UP. (PLEASE DO NOT BE LATE)**  
**NOTE - GRADUATION DINNER IS INCLUDED FOR PAID CAMP MEMBERS ONLY (ALL OTHERS MUST PAY AT THE DOOR)**

### **SUNDAY 2:00PM - BLACK BELT GRADUATION & FATHERS DAY CELEBRATION DINNER**

**NEW BLACK BELT FAMILY MEMBERS & FRIENDS ARE WELCOME TO ATTEND**  
**FAMILIES MAY ATTEND DINNER: NON CAMP MEMBERS PLEASE PAY AT THE DOOR**

**DIRECTIONS: HOME TOWN BUFFET: CORONA LOCATION - MCKINLEY STREET (RESTURANT MAY CHANGE)**

**New Embroidered Black Belts will be Awarded at Camp (Dan Registration Application Required)**  
(Black Belt Certificates will be awarded within 4-12 Months on a regular testing day or call to pick up)

**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 (877-ATC-ATC1 / 877-282-2821)**