

2010 US Black Belt Academy A+ Summer Camp



919-439-7577

***No other Summer Camps
Offer all of these benefits.***

Character Development

Exciting Exercises

Leadership Training

Self- Defense

Discipline

Confidence

Field Trips

@IT WILL BE AN UNFORGETTABLE SUMMER!

**@SPECIAL BELT PROMOTION TEST IS AVAILABLE AT
THE END OF EACH WEEK ONLY FOR THE CAMPERS!!**

US Black Belt Academy A+ Summer Camp 2010

Camp Weeks (for Ages 5-14)

- 1) June 21-25 2) June 28-July 2 3) July 12-16 4) July 19-23 5) July 26-30
6) Aug 2-6 7) Aug 9-13 8) Aug 16-20

Activities include...

- Tae Kwon-Do
- Arts and Craft
- Fun Drills & games
- Swimming, Soccer, etc
- Field trips
- Character Development
- Movies
- Leadership Training
- Self defense(**Dahn Koon-Do**)

All activities are designed based on Tae Kwon-Do teachings and Principles.

*(*No other summer camps offer all of these benefits!)*

Camp Hours

Regular Hours: 9am-4:30pm

*No additional charges for early drop-off (7:50am) & late pick up (6:15pm)

Incentives: *You can earn a credit of \$50.00*

- When you enroll more than five (5) weeks
- Every time when you refer someone to enroll in our Summer Camp

Food

Please provide your child's lunch, 2-3 snacks (morning and afternoon), and drinks in a small cooler everyday.

Attire

Campers should dress in USBBA Summer Camp uniform (*provide at the time of registration*) for all activities. No sandals or flip-flops, except on swim days. Please make sure your child's name is on everything!

To register, Please see front desk staff today.

Schedule for summer camp

	Mon	Tue	Wed	Thu	Fri
7:30-9:00	Early Drop Off	Early Drop Off	Early Drop Off	Early Drop Off	Early Drop Off
9:00-10:00	Sparring Skills	Forms	Self Defense	Breaking	All Topics
10:00-12:00	Movie	Arts & Crafts / Instructor Class observation	Library	Field Trip	Special Activities
12:00-1:00	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:30	Ping Pong & Basic Self- defense	Basic Korean & Basic Self- defense	Ping Pong & Basic Self- defense	Dodge Ball & Basic Self- defense	Basic Korean & Basic Self- defense
2:30-3:30	Competition	Leadership	Competition	Leadership	Fun Games
3:30-4:30	Quiet Time Reading Books	Quiet Time Reading Books	Quiet Time Reading Books	Quiet Time Reading Books	Quiet Time Reading Books
4:30-5:20	Tae Kwon-Do	Dahn Koon- Do	Tae Kwon-Do	Dahn Koon- Do	Both
5:00-6:15	Supervised Free time & pickup	Supervised Free time & pickup	Supervised Free time & pickup	Supervised Free time & pickup	Supervised Free time & pickup

*It's about basic schedule. It can be changed, especially when we go to a field trip.

*If you have any question, please call 919-439-7577.

The Weekly Lesson Topics and Themes

Weekly	Topics & themes	Weekly	Topics & themes
Week1 June 21-25	Safety Gear Coordination	Week 5 July 26-30	Safety Gear Fitness
Week 2 June 28-July2	Basic & Forms Focus	Week 6 Aug 2-6	Basics & Forms Memory
Week 3 July 12-16	Self-Defense Teamwork	Week 7 Aug 9-13	Self-Defense Control
Week 4 July 19-23	Knowledge & Power Train Discipline	Week 8 Aug 16-20	Knowledge & Power Training Balance



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US Black Belt Academy A + Summer Camp & Spring Break Camp Registration

Spring Break Camp For Ages 5 -14 years old (Super Excited Kid :D)			
Hours of operation 9 am – 4:30 pm (Early Drop-off 7:50am – Late Pick-up 6:15pm)			
What to Bring: 1) Lunch 2)Snacks(2-3) 3)Uniform			
When : 4/05/2010 – 4/09/2010 (one week)			
Cost: \$30.00/per day(but if you do 5 days, \$10 off)			
1) 4/5(Mon.) 2) 4/6(Tue.) 3) 4/7(Wed.) 4) 4/8(Thu.) 5) 4/9 (Fri.) () () () () ()			
2010 US Black Belt Academy A+ Summer Camp Please, check your date.			
First) June 21 - 25	Yes , No () ()	Fifth) July 26 – 30	Yes , No () ()
Second) June 28- July 2	Yes , No () ()	Sixth) Aug 2 – 6	Yes , No () ()
Third) July 12 - 16	Yes , No () ()	Seventh) Aug 9 -13	Yes , No () ()
Fourth) July 19 - 23	Yes , No () ()	Eighth) Aug 16 -20	Yes , No () ()