

BIG SUMMER CAMP and TEST

WHEN: 28. - 3. 9. 2017 - meeting 8:50, underground Smíchovské nádraží, loop of trams just at underground „car drivers“ – at place is necessary to be at 11:30 - return to the same place at 18:00 – will be specified

WHERE: Spolana Varvažov - the map you can find on www.tkd.cz in „Harmonogram“

PRICE: For calculation you can use the calculator on <https://www.tkd.cz/kalkulacka.aspx>. Included - transfer from and to the place of meeting, meals, drinks, accommodation. Eventual test and equipment to gain of every grade (doboks, set of protectors, methodical booklets, pad, training knife – for this equipment is no demand for 9y.o. and older members who are in our school 13 and more months and haven't participated in last 13 months in any camp). 1 day 1000CZK minus discounts.

Discounts: 50% every third and next practicing family member, teachers of GBHS, whole-life members

- 35% non-practitioners, 15% visits from other schools
- 10% own transfer (5% one-way) reported till 1.7.
- 10% for enlisting and deposit 2000CZK or 50% of the price till 1.7.
- 5% whole camp
- Discounts are possible to combine up to 100%.

Discounts are possible to combine up to 100%. Discounts are valid only by paying at least on the event. Deposit is refundable only at excuse at least 2 days before beginning of the camp. Deposits or whole amounts you can send on the school bank account 2982742001/5500 (to message for recipient – your name+ name of event). The rest of amount is possible to pay on the camp or again on the account. **At paying after event is not possible to use any discounts. Enlist only on www.tkd.cz/harmonogram.aspx. Any changes solve please on info@tkd.cz.**

BENCHMARK ROUTINE:

- 7:30 warming-up exercise, breakfast
- 9:30 – 12:00 training TKD ITF
- 12:30 lunch
- 16:00 – 18:00 trip, training, ball games...
- 18:30 dinner
- 19:30 – 20:40 training TKD ITF
- 22:00 lights-out for participants up to 14 years old
- 23:00 lights-out for participants up to 18 years old

Main contents will be improving of level of your TKD. Students will be divided due to technical grade to training groups and everyone will pass the pre-test **for test for colour belts, which will take place on the last day of camp**. Nobody will be admitted to test without passing at least 2 days of intensive training on this camp. (also last possible arrival for eventual test is Friday at 16:00).

TAKE WITH: dobok, things for outdoors, protectors, pad, pencil, piece of paper, ITF Booklet, insurance card, swimsuit, small pocket money possible, necessaries... At non-adults strict rule against valuables and bigger amount of money. Having mobile phones I let up to discretion of parents for their own responsibility. At place is bad phone signal. Allergicians, please, have your drugs and any health problem, which could restrain training, please report!!!

NOTICES: - For the convenience of organisation (booking beds, seats, training plans, dividing to groups...) please try to use 10% discount for deposit and reporting necessary info (arrival, departure..), thanks for understanding.

- Everyone can at his/her own decision and after reporting to trainers leave the camp without compensation – family, personnel, health reasons etc.
- Every infant will have a phone number for parents, ideally mobile phone.
- At lack of discipline can be anyone banished from the camp under the authority of disciplinary committee, eventually he/she can be awarded by a compensation of a damage.
- If your child can recognize right, left and clock, has basic hygienic habits and is capable of basic communication with teacher (e.g. to get know he/she feels sick) – then there is no problem to pass the camp alone. At small children we recommend the presence of parent, better than „missing and crying“ calls home, what is here difficult technically provide. The parents have to support direct communication between the student and teacher.
- **Please, you should better the leaflet read once more or get info by e-mail.**

I hope that I have chosen for you interesting places of all summer events. I believe that everybody who is interested in Taekwon-Do can use these possibilities to train intensively and maybe even under conducting Grandmaster Hwang Ho-Yong, and he/she will be rewarded by good result at the test or at competitions. Remember that it is better to come just for weekend than sit at home.

I hope that all, who have the real interest to practice, they can choose at least one event – in the other case consider carefully whether TKD is not for you only time wasting. The camps are very important for beginners and yellow stripes holders. There will be in progress again on September a massive recruitment of novices and these, who will not have the yellow belt, will begin again with them. That is why we recommend to all beginners to make maximal efforts to gain the yellow belt. All who haven't participated in the last school year in any camp, they should choose at least one event not to lose the equipment for free.

See you on the camp!!! Martin Zámečník, VII. Dan, info@tkd.cz (info, excuses...)