

1st summer, Not Only STM and Big summer camp

WHEN: 1st summer 16th July – 27th July 2021, Not only STM 16th – 22nd August 2021, Big summer 22nd – 29th August 2021. Meeting for departure for public transport – Prague – Roztyly, bus station, 16th July at 17:15 stop #1, 16th August at 9:15 stop #5, 22nd August at 16:30 stop #2, return around 18:00 will be specified by phone. Arrival for own transport on the first day for the 1st summer from 18:00, for Not only STM from 10:00 and for the Big Summer from 18:00 - not earlier. Pick up participants always the last day approximately at 15:00 (beginning of the test in 13:15 up to 13:45). For the opportunity to do the exam is required for the latest arrival 1st summer 24th July at 9:30, for Not only STM 21st August at 9:15 and for the Big Summer 28th August at 9:15. The number of days practiced also increases the possibility of taking exams. However, the main task is not testing but intensive training and improvement.

WHERE: everything in our Centre Beztahov, Votice - map in the Schedule of events
Currently 4 large log cabins with 30 beds each - rooms 8, 8, 8, 6 plus bathrooms, toilets in each cabin. Homemade Czech and Asian food on site. We practice outside, in case of bad weather in the brand-new sports hall. Swimming close. Bathing suit!!!

WHO AND WHAT: 1st summer - the longest but less intense training, two trainings a day and afternoon trips, games... There will be possibility to try also the exercise with a secret Korean weapon Hopae and the TKD predecessor rhythmical Taekkyon. Not only STM - but the camp is intended primarily for members of STM (Center for Talent Youth) and STS. All members of STM with a valid contract are obliged to complete this entire training or to apologize in advance on the basis of serious health problems. All those interested in STM, and STS have the opportunity to be registered prior this camp. The camp is also intended for all those interested in more sporty training and those interested in exams. **STM members are registered for this training camp automatically (or report changes by e-mail).** 3 trainings a day.

Big summer - 3 trainings a day plus morning warm-ups, intense training with intensive preparation for exams. For those really interested in a truly demanding martial arts training. Possibility to try the Korean way of the sword and Filipins sticks.

PRICE: For the calculation can be used the calculator at <https://www.tkd.cz/kalkulacka.aspx>. The price includes transport from and to the meeting place, food and drinking regime, accommodation, training, possible exam and equipment to gain each technical level (doboks, set of protectors, methodical manuals, pad, training knife - nine years and older are not entitled to this equipment members who have been in our school for 13 months or more and have not participated in any training camp in the last 13 months). **1-day 1000CZK minus discounts.**

Discounts: 50% every third and next practicing family member, GBHS teachers, lifetime members

40% STM GBHS members regs. by the school for Not only STM, STS members (2 days see contract)

35 % non-practitioners, 15 % visits from other schools

10% own transport (5% one trip) reported 1.7. 5% of the whole camp

10% registration before 1st July and deposit of CZK 1500 per event until 1st July (on 2nd on the account)

10% for days, in case of full capacity using own tent, own accommodation or without.

Within 48 hours after the deadline, in the case of overcrowding, will be announced the possibility of discounts for your own tent or accommodation. If you are interested in this option, write a note. In the case of such unsolvable overcrowding, participants with the shortest stays in the order from the latest applicants will be asked to use this discount or change the date. Similar approach will be used in case of Covid rules if necessary.

Discounts can be combined up to a maximum of 100%. The deposit will be returned only in case of excuse two days before the camp of serious health problems. Advances or full amounts can be, clearly marked with the name and purpose, deposited to our school account IBAN: CZ795500000002982742001, SWIFT RZBCCZPP or pay in cash to teachers. The rest of the amount can be paid on site or to the account. **Discounts are not possible for payments or additional payments after the event. Register in only via www.tkd.cz/harmonogram.aspx.** Any changes to applications via info@tkd.cz.

NOTICE and WHAT WITH: From the 9th kup school dobok, **SLEEPING BAG**, pillow, paper, pencil, small pocket money, common needs as for camps. From the yellow, pad with you and from the green protectors (if not, must be purchased on site). Shoes and clothes for training outdoors and indoors. Visit of the family only by prior arrangement.

- no valuables allowed, cellphones not advised for the younger than 12, with the exception of chargers we prohibit any appliances without prior agreement, we do not recommend any food.

- each participant can be sent home without compensation at the discretion of the teachers.

- everyone will have the number for their parents and the health insurance card with them

PROGRAM: 8:40 breakfast (or warm-up) 9:30 training, 12:30 lunch

15:00 afternoon program (projection, team trainings, running, trainings TK, HP or HG ...)

16:00 afternoon training (at 1st summer mostly non-training program), 18:30 diner

19:45 training (after appointment possible without preschool children), lights-out by the age since 22:00

If your child knows how to recognize the right and left, knows the clocks, has basic hygiene habits and is able to communicate basic with the teacher (e.g., to announce that he is sick) – it is not a problem for him to manage camp himself. For young children, it is recommended the participation of the parents, rather than the long-term and crying daily phone calls home, which is even technically difficult to make here. Parents must encourage direct communication between the student and the teacher.

I believe that anyone who is interested in taekwon-do will use these opportunities to practice intensively, even under the guidance of Grandmaster Hwang Ho-yong himself and will certainly be rewarded with a nice result in

exams or competition. Remember that it is better to come just for the weekend than to sit at home. I hope that everyone who is really interested in practicing will choose at least one event - otherwise consider whether TKD is not just a waste of time for you. Camps for beginners and white and yellow belts are very important. A massive recruitment of newcomers will take place again in September, and those who do not have a yellow belt will start with them again. Therefore, we recommend all beginners to make every effort to achieve the yellow belt during the summer. Everyone who did not attend the training camp last year should choose at least one event so that they do not lose the right to free equipment.

You'd better read the whole leaflet one more time.

info and apologies: info@tkd.cz acute questions: 603302739 master Martin Zamecnik