

The 1st Summer and the Great summer camp

WHEN: 1. Summer Jul 21 – Aug 1st, 2023, Great Summer Aug 28 – Sep 3, 2023. Meeting point for departure for shared transport = Prague-Roztyly, bus platform # 2, Jul 21 at 17:00, Aug 28 at 8:30 a.m. We will confirm the return around 18:00 by phone. Arrival for own transport on the first day for 1st Summer from 18:00, for Great Summer from 10:00 - NO earlier. Participants are picked up on the last day at approximately 15:00 (examinations start at 13:15 to 13:45).

To be able to take the exams, the latest arrival for the 1st Summer is July 29 at 9:15, for the Great summer Sep 2 at 9:15. The number of practiced days also increases the possibility of taking exams. However, the main task is not exams, but intensive training and improvement.

WHERE: everything is in our center Beztahov, Votice – map in the Events schedule.

Currently 4 large cabins with 30 beds each room 8,8,8,6 plus bathrooms, toilets in each cabin. Homemade Czech and Asian food on site. We practice outside and in the sports hall. Swimming on site and nearby. Swimsuit everyone with you!

WHO AND WHAT: 1st Summer = the longest but less intensive training camp, two training sessions a day and afternoon trips, games...

Great summer = 3 training sessions a day plus possible morning warm-ups, intensive training camp with intensive preparation for exams.

Both camps are intended for everyone, including beginners.

PRICE: You can use the calculator at <https://www.tkd.cz/kalkulacka.aspx> for calculation. The price includes transport to and from the meeting point, food and drink, accommodation, training, eventual exams and equipment for the achievement of each technical level (doboks, a set of protectors, methodical manuals, a lap, a training knife - nine-year-old and older members are not entitled to this equipment, who have been at our school for 13 months or more and have not participated in any training in the last 13 months). All equipment can be purchased on site.

• 1-day 1000CZK minus discounts

- 50% every third and additional practicing family member, GBHS teachers, lifetime members
- 35% non-practicing, 15% visitors from other schools
- 10% own trip (5% one trip) reported on July 1st
- 10% for registration until July 1st and a deposit of CZK 1,500 per event until July 1st (on the account no later than July 2)
- 5% of the entire concentration
- 10% only days when the capacity is filled for living in your own (our) tent or without accommodation.

Within a week after the deadline for discounts, if the date is overbooked, the possibility of a discount for your own or our tent or your own accommodation will be announced. If you are interested in this option, write in the note. In the event of such intractable overcrowding, participants with the shortest stays, in order from those who signed up the latest, will be invited to use this discount or change the date, or sleep on mats in the gym. We do not anticipate this state.

Discounts can be combined up to a maximum of 100%. **No discounts can be used for payments after the end of the event, including surcharges.** Sign up only via the Events schedule www.tkd.cz. Pay preferably to the school's account 2001870779/2010 (IBAN CZ53 2010 0000 0020 0187 0779, SWIFT FIOBCZPP) with the generated VS when logging in, or to the teachers. Supplements and payments are possible on the site upon arrival. The deposit is refundable only in case of an excuse two days before the start of the entire training for serious, demonstrable health reasons. Please contact info@tkd.cz for any changes to applications.

NOTICE AND WHAT TO BRING WITH YOU: From the 9th kup a school dobok, a **SLEEPING BAG**, possibly a pillow, small pocket money, common necessities like for camps. From the yellow belt school cloth with you and from the green belt school protector. Shoes and clothes for outdoor and indoor training. Hopae and taekkyon at the 1st Summer and we invite Grandmaster Hwang as well and, FMA at the Great Summer. Family visits only by prior arrangement. Do not bring non-school equipment (dobok, protectors...) with you, except for current representatives for their racing protectors and Ukrainian refugees for their brought protectors.

- ban on valuables, electronic kitchen appliances, small pocket money possible
- each participant may be sent home without compensation based on the teachers' decision.
- everyone will have the parent's number and health insurance card with them

TENTATIVE PROGRAM:

- 8:40 breakfast (or warm-up)
- 9:30 training
- 12:30 lunch
- 15:00 afternoon program (screening, team training, running, TK, HP or HG training...)
- 16:00 afternoon training (mostly non-training program for 1st Summer students),
- 18:30 dinner
- 19:45 training (possible without pre-school children by arrangement),
- curfew according to age from 22:00

If your child can recognize right and left, knows how to count, has basic hygiene habits and is capable of basic communication with the teacher (e.g., to announce that he is sick) - there is no problem for him to be able to concentrate on his own. With small children, we recommend the participation of the parents, rather than the distressed and tearful daily phone calls home, which are technically difficult to carry out here. Parents must support direct communication between student and teacher. I believe that everyone who is interested in Taekwon-do will use these opportunities to practice intensively, perhaps even under the guidance of Grandmaster Hwang Ho-yong himself and will certainly be rewarded with a good result in the exams. Remember that it is better to come just for the weekend than to sit at home. I hope that everyone who is interested in really exercising will choose at least one full event - otherwise, consider whether TKD is just a waste of time for you. Very important are the concentration for beginners and the yellow straps. In September, there will be a massive recruitment of newbies again, and those who do not have a yellow belt will start with them again. Therefore, we recommend that all beginners make maximum efforts during the summer to reach the yellow belt. All those who did not participate in the camp last school year should choose at least one event in order not to lose the right to free equipment. Don't forget about the other events that were described in the already published flyers – not only the STM training, the summer camp with Grandmaster Hwang or the FMA camp. See all Schedule of events at www.tkd.cz.

You'd better read the entire leaflet once more and study the rules for staying at the training camp at www.tkd.cz. Info and apologies to info@tkd.cz, urgent questions to 603 302 739 Master Martin Zamecnik