



무궁-Moogong
Guardian of Peace

2010 Moogongryu Spring Camp, Test

(Fri.) April 23, - 25 (Sun.) 2010

ONLINE REGISTRATION: www.omacworld.com

MOOGONG MARTIAL ARTS SPRING CAMP

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동양무도대학준계수양회

TAEKWONDO KARATE GUMDO HAPKIDO KUNGFU KIMOODO



Directed by: Oriental Martial Arts College

1349 Brice Road Reynoldsburg, OH 43068

(614) 864-4000 • (614) 864-4146 (Fax) Info@omacworld.com, www.omacworld.com

OMAC Martial Arts Spring Camp Info & Application 4/23-25/10

Space is limited - First come first served basis. Register by 4/15/10 to avoid late fee and reserve your spot

1. Things You Need to Bring:
 - A. All of your training equipment and safety gear - 2 Uniforms, Warm Up, Head Gear, Chest Pad, Shin-Instep pad, Arm & Fist, Groin Cup, Mouth Piece, Glove, Weapon (Long Staff, Kali Stick, Rubber knife, Paddle, Bamboo Sword, Padded Sword, Cane for Kimodo)
 - ** All equipment may be purchased at OMAC w/ 20% discount **
 - B. Personal Items: Toothbrush, Toothpaste, Soap, Shampoo, Towels, Blanket, Sleeping Bag, Pillow, Personal Items etc...
2. Primary Subject for Certification: To earn credits for certification, you must select a primary subject. Then you can fill in the remaining time with secondary/Optional/Open and open subjects of your choice.
3. Kimodo Healing Art: Fill out Kimodo Separate Form - www.Kimodo.com for details or call Master Choi (614) 864.4000 Kimodo certification course requires 60 hours of class; You may earn 14 hours credit from this camp
4. If you are testing - You must fill out Test form separately. Pay test fee 1 week prior to test to avoid late fee of \$5.00.
5. Check your camp subjects: __Kimodo __Taekwondo __Hapkido __Gumdo (Sword) __Weapon (__ Long Staff __ Nunchaku) __ Little Tigers
__ Competition/Referee/Coach __ Instructor / Leadership Training Others _____
6. Class credit: You must make a copy of your application (pages 2 & 3) for your records & reference to verify your class credit
7. Membership Fee: You must be a paid member of OMAC (\$85.00/yr.) to receive discount.
8. Camp Fee (Full Time): \$99.00 before 4/15/10 for OMAC members paid annual fee, \$119.00 after 4/15/10 (If space available)
Non-members - \$149.00 before 4/15, after 4/15 \$169.00 (If space available)
9. Part Time Camp: - Min. 3 classes - Mark on Sched. Sheet, \$20.00 per Class / Children Under 6 yrs.: \$10 / Class.
10. Fee includes: (Part time pay by classes you choose - Min. 3 cls., Pay for Meals \$5.00 Brfst, \$7.00 Lunch or Dinner., No Certifications)
 - A. All training (Fri.-Sun.) B. Meals, Snacks, Drinks & Sleep (in Dojang) C. Diploma & Certification upon successful completion
 - D. T-shirts (Check Size : Child -S __, Child - M __, Child - L __, Adult - S __ Adult - M __ Adult - L __, Adult - XL __ Adult - XXL __)

FREE T-shirts for only pre registration by 4/15/10 with correct size - (add \$15.00 after 4/15)
11. Special discount : Masters - 50%, Their Family - 30%, Certified instructors (Instructors who teach classes on regular bases)- 20% off camp fee.
(Discount apply only for the Instructors who are teaching at Camp)
12. Registration: On-line: www.omacworld.com/camps/spring2010 or Fax/Mail - 1349 Brice Rd. Reynoldsburg, OH 43068 Fax: 614.864.4146

Sleep in Dojang ____ Camp Fee (Full Time) \$ _____ Part Time (# of Cls.) ____ X \$ _____ = \$ _____
 Meals (Part time only) # of Brfst. \$ 5.00 X ____ = \$ _____ Lunch \$7.00 X ____ = \$ _____ Dinner \$7.00 X ____ = \$ _____ Total \$ _____
 Test fee \$ _____ (Fill out test form & attach) Memb. Fee OMAC \$ _____ Total \$ _____ Total pd. \$ _____
 How pd: Cash/Check/Credit Card, Kind of Card: _____ Card Holder Zip code _____
 Card # _____ Exp ____/____ Code # _____

Name (Last)	First	Date of Birth	Age	M	F	Your Rank	Home Phone
Home Address		City	St.	Zip	Country		
Name of Parents (If minor)		Occupation		Work Phone			
Employer (Parent's if Minor)				Your e-mail:			
Name of Your School and Branch			Your Instructor's Name & Rank			Phone Number	

Liability Waiver & Confidentiality Agreement

I hereby submit my application to the Martial Arts Programs developed by Oriental Martial Arts College. I agree to waive against any person connected with any and all programs offered by Oriental Martial Arts College for injuries I may sustain and likewise assume full responsibility for all my actions in connection with all said programs of Oriental Martial Arts College. I understand there are rules and regulations associated with the programs and I will abide by said rules and regulations. I agree that I will not teach and/or alter the techniques and system presented at this seminar without going through the proper certification process and having a written consent from the Oriental Martial Arts College's masters committee of Oriental Martial Arts College. I also understand that any pictures and video tapes of me participating in said programs may be used for publicity without any compensation.

Signature of applicant _____ Date _____ Parent's signature _____ Date _____

2010 Spring Camp Schedule: 15 credits toward your test

Instructors – If you wish to teach, please write your name under instructor & register before 4/15/10 Camp Instructors will receive a discount

Name _____ Age _____ Rank _____ Branch _____

Phone _____ E-mail _____

4/23/10 - Friday (4 Credits)

Time	Check Your class	Subject	Instructor/ in charge	Instructor Sign off
5:30-6:30	_____	Registration & Regular Class	Jee Choi/G.Schaffer/J Russell/A. Potter	_____
6-6:40 pm	_____	Tiger & Children Mix Class #1	S.Potter / J Russell/D. Rivera/ (All other Instructors)	_____
6:45-7 pm	_____	Kimoodo Breathing / Stretching - All together	JP Choi / Sr. Instructors	_____
7-8:15 pm	_____	Moogongryu Curriculum (Fundamentals) #1	J. Cahn/D. Bailey/ T. Wagner	_____
	_____	Hapkido #1	Suk Jung Kim / K. Smith / S.H. Kim	_____
	_____	Kimoodo #1	JP Choi / Sr. Instructors	_____
8:20-9:25	_____	Children Self Defense (12 & Under)	K. Rhinehart / R. Schaffer / J. Russell	_____
	_____	Gumdo #1	R. Gross / M. Mellott / K.Richards	_____
	_____	Long Staff Basics #1	C. Fitch / D. Bailey / J. Livingston	_____
	_____	Kimoodo & Cane Kimoodo #2	JP Choi / Sr. Instructors	_____
9:30-10:30	_____	Instructor Training - Teaching & Leading #1	JP Choi / G. Bleil	_____
	_____	Children's (12 & under) Movie	K. Rhinehart / J. Gross / J. Russell	_____
10:15 -11	_____	End Class - Snack time, Trivia		_____

4/24/10 - Saturday (8 Credits) TEST (All campers participate - Leadership Training)

8:00-9:00	_____	Breakfast & Registration	Jee Choi/G.Schaffer/J Russell/A. Potter	_____
9-9:25 a.m.	_____	Kimoodo Breathing / Stretching / Warm-Ups	JP Choi / Sr. Instructors	_____
9:30-10:45	_____	Moogongryu Curriculum (Self Defense) #2	JP Choi / R. Gross / T. Stanforth /	_____
	_____	Hapkido #2	Suk Jung Kim / K. Smith / S.H. Kim	_____
	_____	Little Tiger & Children (Breaking & Self Defense) #2	S. Nasirov/R. Schaffer/J Russell/S.Potter (All other instructors)	_____
	_____	Kimoodo & Cane #3	JP Choi / Sr. Instructors	_____
10:50-12:15	_____	Moogongryu Target Drills & Sparring #3 - All ages	MS Choi / E. Djopa /J. Fungsang	_____
	_____	Kimoodo & Cane #4	JP Choi / Sr. Instructors	_____
11-12:15 pm	_____	Children Mix Class #2 - 12 & Under #3	R. Shaffer/ K. Rhinehart/All Children Class Instructors	_____
11:30-12:15	_____	Little Tiger Class/LT Instructor Training	S. Nasirov/R. Schaffer/J Russell/S.Potter (All other instructors)	_____

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Saturday Continues..

12:20-1:15	___ Lunch Break	All together	_____
1:15-3:15	___ TEST - All campers participate - Leadership Training (Brown Belt & Up)	All together	_____
3:45-5	___ Moogongryu Curriculum (Forms) #4 (All Ages)	G. Bleil (WTF) / 3rd Dan & Higher	_____
	___ Kimoodo #5	JP Choi / Sr. Instructors	_____
5-6pm	___ Moogongryu Black Belt Requirement (Forms) #5-A	JP Choi / Masters / G. Bleil (WTF)	_____
	___ Moogongryu Breaking #5-B (Under Black Belt All Ages)		_____
	___ Kimoodo #6	JP Choi / Sr. Instructors	_____
6-7pm	___ Dinner		_____
7-8:15	___ Moogongryu Overall Curriculum #6	JP Choi / G. Bleil (WTF)	_____
	___ Long Staff #2	C. Fitch / T. Stanforth	_____
	___ Gumdo Padded Sword Basics & Spar. #2 (Age under 12)	R. Gross / M. Mellott / K. Richards	_____
	___ Kimoodo #7	JP Choi / Sr. Instructors	_____
8-15:9:15	___ Health Clinic		_____
	___ Children's movie (12 & Under)	K. Rhinehart / J. Gross	_____
9:15-10pm	___ Instructor Trainnig - Teaching methods & Parent Relations		_____
10pm	___ End Class, Snack time, Trivia		_____

4/25/10 - Sunday (3 Credits)

8:00-9:00	___ Breakfast	Jee Choi/G.Schaffer/J Russell/A. Potter	_____
9:00-9:25	___ Kimoodo Breathing / Stretching / Warm-Ups	JP Choi / J. Cahn	_____
9:30-10:45	___ Moogongryu Curriculum Overview #8 - (All Under Black Belt)	3rd Dan Up / G. Bleil (WTF)	_____
9:30-10:45	___ Moogongryu Black Belt Requirement (Forms) #8-B	JP Choi / All Masters	_____
9:30-10:45	___ Kimoodo & Cane #8	All Kimoodo Instructors	_____
11-12:00	___ Performance - All Curriculum by Groups	All 3rd Dan & Up	_____
12-1:00	___ End Class, Group Photo, Graduation Certificate	Stephen Potter - Photo	_____
		Jee Choi- Administration	_____

Please add comments:
