

2010 Winter Camp Schedule: 15 credits toward your test

Instructors – If you wish to teach, please write your name under instructor & send it back before 10/1/08. Camp Instructors will receive a discount

Name _____ Age _____ Rank _____ Branch _____

Phone _____ E-mail _____

1/22/10 - Friday (4 Credits)

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	_____
6-6:30 pm _____	Tiger & Children Mix Class #1	R. Schaffer/B. Wood /J Russell/Dan Rivera	_____
6:45-7 pm _____	Kimoodo Breathing / Stretching / Warm-Ups - All together	JP Choi /	_____
7-8:15 pm _____	Moogongryu Curriculum (Fundamentals) #1	David Bailey/	_____
_____	Hapkido #1	Suk Jung Kim / K. Smith / S.H. Kim	_____
_____	Kimoodo #1	JP Choi /	_____
8:20-9:25 _____	Children Self Defense (12 & Under)	P. Korchak / Kathy . Rhinehart / Jennifer Russell	_____
_____	Gumdo #1	R. Gross / M. Mellott	_____
_____	Long Staff Basics #1	Cathy Fitch / David Bailey / J. Livingston	_____
_____	Kimoodo & Cane Kimoodo #2	JP Choi /	_____
9:30-10:30 _____	Moogongryu Instructor Training - Teaching & Leading #1	JP Choi / P. Korchak / G. Bleil	_____
_____	Children's (12 & under) Movie	K. Rhinehart / J. Gross / J. Russell	_____
10:15 -11 _____	End Class - Snack time, Trivia		_____

1/23/10 - Saturday (8 Credits) BIG BOW, 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 / M. Mahoney	_____
9:30-10:45 _____	Moogongryu Curriculum (Self Defense) #2	JP Choi / G. Gross / T. Stanforth / MH Choi	_____
_____	Hapkido #2	K Suk Jung Kim / K. Smith / S.H. Kim	_____
_____	Little Tiger & Children (Breaking & Self Defense) #2	P. Korchak /	_____
_____	Kimoodo & Cane #3	JP Choi /	_____
10:50-12 _____	Moogongryu Target Drills & Sparring #3 - ALL AGES	MS Choi /	_____
_____	Kimoodo & Cane #4	JP Choi /	_____
11-12 pm _____	Children Mix Class #2 - 12 & Under #3	P. Korchak / Shovkat / R. Shaffer / K. Rhinehart	_____
12-12:45 _____	Lunch and Test Set-up	All together	_____

Saturday Continues..

12:45-1:15	BIG BOW CEREMONY	All together	_____
1:15-3:30	TEST - All campers participate - Leadership Training (Brown Belt & Up)	All together	_____
3:45-5	Moogongryu Curriculum (Forms) #4 (All Ages)	3rd Dan & Higher / G. Bleil (WTF)	_____
	Kimoodo #5	JP Choi /	_____
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 / M. Mahoney	_____
6-7	Dinner		_____
7-8:15	Moogongryu Overall Curriculum #6	JP Choi / M.H. 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/M. Mahoney	_____
8-15:9:15	Chiropractic Presentation	Dr. Wilson	_____
	Children's movie (12 & Under)	K. Rhinehart / J. Gross	_____
9:15-10pm	Instructor Trainig - Teaching metods & Parent Relations	P. Korchak/G. Bleil	_____
10pm	End Class, Snack time, Trivia		_____

1/24/10 - 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	GM Choi / J Cahn	_____
9:30-10:45	Moogongryu Curriculum Overview #8 - A (All Under Black Belt)	3rd Dan Up / G. Bleil (WTF)	_____
	Moogongryu Black Belt Requirement (Forms) #8-B	JP Choi / All Masters	_____
	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	_____
		J.Y. Choi- Administration	_____

Please add comments:

OMAC Martial Arts Winter Camp Info & Application 1/22-24/10

Space is limited - First come first served basis. Register by 1/15/09 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 Kimoodo)
 ** 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. Kimoodo Healing Art: Fill out Kimoodo Separate Form - www.Kimoodo.com for details or call Master Choi (614) 864.4000 Kimoodo 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: __Kimoodo, __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 (\$50.00/yr.), to receive discounts

8. Camp Fee (Full Time): \$99.00 before 1/15/10 for OMAC members paid annual fee - , \$119.00 after 1/15/10 (If space available)
 Non-members - \$149.00 before 1/16, after 1/15 \$169.00 (If space available)

9. Part Time Camp: - Min. 3 clas. - 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 1/13/09 with correct size

11. Special discount : Masters - 50%, Their Family - 30%, Certified instructors (Instructor's who teaches classes on regular bases)- 20% off camp fee.
 (Discount apply only for the Instructors who are teaching in the Camp)

12. Registration: Fax/Mail - 1349 Brice Rd. Reynoldsburg, OH 43068 Fax: 614.864.4146 More info.:www.OmacWorld.com

Sleep in Dojang ____ Camp Fee (Full Time) \$ _____ Part Time (# of Cls.) ____ X \$ _____ = \$ _____

Meals (Part time only) # of Brfst. \$ 5.00 X ____ = \$ _____ Lunch \$5.00 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

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 _____