

27th Annual Moogong
Summer Camp 2010
July 22-25 (Thur.-Sun.) Kenyon College

TAEKWONDO KARATE GUMDO HAPKIDO KUNGFU KIMODOO

태권도 궁수도 합기도 기무도 쿵후



동양무도대학기수양회

Directed by: Oriental Martial Arts College
1349 Brice Road Reynoldsburg, OH 43068
(614) 864-4000 • (614) 864-4146 (Fax) JPchoi@moogong.com, www.amacworld.com

OMAC Summer Camp 2010

2010 2nd Quarter Main Test Guidelines

* Location: Kenyon College * Date: Sunday, 7.25.10 * Time: 10am-4pm (Ending time is estimated)

Procedures and Qualification:

Read test requirement pages in your book and follow all items.

1. Time Credit.
2. Rank Requirements – Try hard to achieve an average grade of “B” on all requirements from your instructor.
3. Instructor Recommendation
4. Application Form.
 - a. Completely fill out all items.
 - b. Thesis – Must type in Word format and print (12 font size up to 10-15 pages).
**** German Students may write in German and summarize in English ****
Thesis must e-mailed to joon.p.choi@gmail.com or bonnie@omacweb.us
 - c. Needs instructor’s signature and parent’s signature, if student is a minor.
 - d. Test fee – Must pay upfront or develop a Payment Plan prior to testing.
5. Meditation & Fasting
 - a. **Fasting – June 23-27, 2010 (Required days of fasting ends with meditation.)**
Fasting may be done at your location – your instructor must sign off on your fasting.
 - b. **Meditation – Sunday, 8 am-8 pm June 27, 2010**
Testing for any belts under black belt: You may meditate at your location if you are living 50 miles or more from Brice Rd. All Black Belt testers must come to OMAC headquarters unless you receive written permission from the main office through your instructor to meditate at your location. OMAC is located at 1349 Brice Rd., Reynoldsburg, OH 43068. The telephone number is (614) 864-4000.
6. **Submit your completed test form and fee to headquarters before July 1, 2010, via mail/e-mail/fax.**
7. You must arrive at the testing location at least 30 minutes before the test.
 - a. Report your arrival to instructor and administrator and make sure your application form is accurate and completely processed before the test.
 - b. Familiarize yourself with space, direction, and your potential partners.
 - c. Give yourself enough time to warm up. Review all of your requirements.
 - d. Make sure you have all testing equipment, such as weapons, and make sure that you have the proper uniform with all patches in place.

ORDER T-SHIRTS AHEAD OF TIME FOR AUTHOGRAPH SESSION – GREAT SOUVENIER!!!
ORDER BAMBOO SWORD & PADDED SWORD FOR GUMDO, CANE FOR KIMOODO (\$20.00)

2010 Moogongryu Summer Camp Schedules July 22-25 (Thur.-Sun)						
Note: Mats will be brought from OMAC schools - T. Stanforth & Crew set up time 10am-12pm						
<i>P (Primary Subjects)</i> : Moogongryu Holistic Martial Arts, Kimoodo, Taekwondo/Karate/Kung Fu						
<i>Secondary Subjects</i> : Gumdo, Hapkido						
<i>Optional</i> : Breaking - Power / Speed / Multiple, Kali, Long Staff, Instructor's Teaching Mix class & Children Class, Referee/Coach Training Organization & Leadership Training, Swimming, Acupuncture						
<i>Common Credits for All Participants</i> : Kimoodo/MoogongRyu Basics, Step Self Defense, Alexander Stretching, Healing Massage, Yoga Stretching, Philosophy, Special Conditioning, General Stretching & Conditioning						
Thur.	7/22/2010					
Time	Crdt	Event or Class Subject	Ck	Int.	Professors/ Presenters	Note
1	10-2pm					Set up tables, sign, display & hand out
2	2-2:45pm				Korchak / Graff / Stanforth / Fitch / Gross & All commanders	Get ready for all hand out, Team Roster, Room Name List, Check Part Time List
3	2:45pm				Commanders/Captains	
4	3-3:30pm	1			Team #1	Line up by Team /Children Separate line
5	3:30-4:45	1.5			JP Choi & other instructors	Kimoodo separate line
6	3:30-4pm	0.5			JP Choi & other instructors	Kimoodo / Children Separate Line
7	4-4:45pm	1.5			Led by 3rd dan & up	Kimoodo move to own Area
8		1.5, 1			Led by 2nd dan & up	Separate by rank & subject (Taegeuk/Palgae /Black Belt)
9	5-6:30pm				Organize by Commanders/Captains	
10	6:45pm				Commanders/Captains	All equipment
11	7-7:30pm	1			Team #2	
12	7:30-9pm	1.5			JP Choi & Other Masters	Separate Area
13		1.5			Led by 3rd dan & up	Children Separate line
14		1.5			Led by 3rd dan & up	Separate by rank & subject (Taegeuk/Palgae /Black Belt)
15		1.5				
16		1.5			Lisa W. & Debbie P. /Kathy R. & Team	All children's instructors join
17	9-10:30pm				Lisa Wood/D plasterer / Kathy Rhinehart & Team	
18	9-9:45pm	0.5			Kwang Ho Kim/Ho B. Kim	
19						
20	10-11pm				Commanders/Captains	
21	10:30-11:30	1			Review, Team Reports	Note Book & Pen
22						

23	Fri.		7/23/2010					
24	Time	-	Event or Class Subject	Ck	Int.	Instructor	Note	
25	6:30-7:15am	1	Kimoodo/Moogongryu(Mooshim, Innae, Keukki, Jajeh			JP Choi & Other Master	KMD Separate after Mooshim	
26		1	Special Conditioning w/ Champions (Age 18 & under mandatory, 19 & up optional to Kimoodo)			Senior Black Belt	Tennis Shoes, Uniform, Shorts or warm up	
27	7:30-8:30am		Breakfast Break & Games			Organize by Commanders/Captains		
28	8:40am		Roll Call & Leave for Gym			Commanders/Captains		
29	9-9:30am	0.5	Warm-ups/Stretching by Team Leaders			Team # 3		
30	9:30-11:30	2	Kimoodo			JP Choi/Other KMD Instructors		
31	9:30-10am	0.5	Moogong Ryu Basics (All campers)			Led by 3rd dan & up	Children Separate line	
32	10-11:30am	1.5	Moogongryu Step Self Defense (All disciplines except Kimoodo) - Requirement + Variation			JP Choi & Other Masters	KMD & Children Separate lines	
33	11:30-1:30pm		Lunch Break & Games			Organize by Commanders/Captains		
34	1:40pm		Roll Call & Leave for Gym			Commanders/Captains		
35	2-2:30pm	0.5	General Stretching & Conditioning			Team #4		
36	2:30-4:30	2	Kimoodo			JP Choi/Other KMD Instructors		
37	2:30-3pm	0.5	Moogong Ryu Basics			Led by 3rd dan & up		
38	3-4:30pm	1.5	Hapkido					
39		1.5	Gumdo Forms & Sparring Competition/Referee & Coaching			R. Gross / Mike Mellott /Kirk R.	Bring own Swords (Padded /Bamboo)	
40		1.5	Taekwondo (WTF) Forms, Karate Forms, Sparring, Referee / Coach			Taekwondo Forms by George Bleil, Karate Forms by Jack Pistella	Separate by Discipline	
41	4-4:45pm	1	Swimming Break - Children			Lisa Wood/D Plasterer / Kathy Rhinehart & Team		
42	4:30pm		Roll Call & Leave for Dorm			Commanders		
43	5-6:30pm		Dinner Break & Games			n/a	Appetite	
44	6:40pm		Roll Call and Leave for Gym			Commanders/Captains		
45	7-7:30pm	0.5	Stretching			Sunny Graff		
46	7:30-9pm	1.5	Kimoodo			JP Choi/Other KMD Instructors		
47		1.5	Moogong Ryu - Taekwondo, Karate Forms			Senior Black Belt, Masters		
48		1.5	Kali			Mike Scarbrough	Kali Stick	
49		1.5	Long staff: Form, Self defense, Sparring			Y.P. Choi/S. Graff/C. Fitch/ J. Livingston	Long Staff	
50	9-10:30pm		Children Return to Dorms - Break & Snack			Lisa Wood/D plasterer / Kathy Rhinehart & Team	GAMES and MOVIE	
51	9-9:45pm	0.5	Life Water and Wellness – Diamond Tree			Dr. Norm Raymond	Taste the Life Water	
52	9:45-10pm	0.5	Philosophy & Words of Wisdom			JP Choi		
53	10-11pm		Evening Break & Snacks Lights-out			Commanders/Captains		
54	10:30-11:30	1	Masters/Instructors/Team Leaders			Review, Team Reports	Note Book & Pen	

55	Sat.		7/24/2010					
56	Time		Event or Class Subject	Ck	Int.	Instructor	To Bring	
57	6:30-7:15am	1	Kimoodo/Moogongryu Basics			GM J.P. Choi/Other KMD Instructors	KMD Separate after Mooshim	
58		1	Special Conditioning w/ Champions (Age 18 & under mandatory, 19 & up optional to Kimoodo)			Senior Instructors	Tennis Shoes, Uniform, Shorts or warm up	
59	7:30-8:30am		Breakfast, Break & Games				Appetite	
60	8:40am		Roll Call & Leave for Gym			Commanders/Captains		
61	9-9:30am	0.5	Yoga Stretching					
62	9:30-11:30	2	Kimoodo			JP Choi/Other KMD Instructors		
63	9:30-10	0.5	Moogong Ryu Basics (All campers)			Led by 3rd dan & up		
64	10-11:30am	1.5	Taekwondo(WTF) Forms, Karate Forms, Spar., Referee / Coach			Taekwondo Forms by George Bleil, Karate Forms by Jack Pistella		
65		1.5	Hapkido					
66		1.5	LITTLE TIGER with Parent(s)					
67	11:30-1:30		Lunch Break & Games			Organize by Commanders/Captains		
68	1:40pm		Roll Call & Leave for Gym			Commanders/Captains		
69	2-2:30pm	0.5	Alignment & Flexibility Training			Sunny Graff		
70	2:30-4:30	2	Kimoodo			JP Choi/Other KMD Instructors		
71	2:30-3pm	0.5	Moogong Ryu Basics			Led by 3rd dan & up	All campers	
72	2-3:30pm	2	LITTLE TIGER with Parent(s)					
73	3-4pm	1.5	Moogong Ryu			JP Choi & Other Masters		
74		1.5	Taekwondo/Karate/Kung Fu					
75		1.5	Gumdo Forms & Sparring/Referee & Coaching			GM YP Choi/R. Gross / Mike Mellott /Kirk R.	Bring own Swords (Padded/Bamboo)	
76		1.5	Breaking					
77		1.5	Long staff: Form, Self defense, Spar.			Y.P. Choi/S. Graff/C. Fitch/ J. Livingston	Long Staff	
78	3:45-4:45	1	Swimming-Children & Little tigers w/parent(s)			Lisa Wood & Team		
79	4-4:30	1.5	Sparring				All campers	
80	4:30pm		Roll Call & Leave for Dorm			Commanders/Captains		
81	5-6:30pm		Dinner Break & Game			n/a	Appetite	
82	6:40pm		Roll Call and Leave for Gym			Commanders/Captains		
83	7-7:30pm	0.5	Kimoodo Power Stretching					
84	7:30-8:30pm	1.5	Kimoodo			JP Choi/Other KMD Instructors		
85		1.5	Moogong Ryu			JP Choi & Other Masters		
86		1.5	Taekwondo/Karate/Kung Fu					
87		1.5	Gumdo Forms & Sparring Competition/Referee & Coaching			R. Gross / Mike Mellott /Kirk R.	Bring own Swords (Padded/Bamboo)	
88		1.5	Hapkido			Suk Jung Kim		
89	8:30-9	0.5	Sparring - All					
90	9-10:30		Children Return Dorms - Break & Snack			Lisa Wood/D Plasterer / Kathy Rhinehart & Team	GAMES and MOVIE	
91	9-9:50pm	0.5	Healing Massage			Kwang Ho Kim/Ho B. Kim		
92	10-11pm		Evening Break & Snacks Lights-out			Commanders/Captains		
93	10:30-11:30	1	Masters/Professors/Team Leaders			Review, Team Reports	Note Book & Pen	
94	Sun.		7/25/2010					
95	Time		Event or Class Subject	Ck	Int.	Instructor	To Bring	
96	7:30-8:30am		Breakfast			n/a	Appetite	
97	7:30-8:30		Pack Up & Check out - Take all of your belongings to your car or GYM – Parent needs to be here or make an arrangement					
98	8:40am		Roll Call at the for Gym			Commanders/Captains		
99	8:45-10am	0.5	FINAL REVIEW ALL REQUIREMENTS					
100	10-10:30		Test Set-Up & Break			All		
101	10:30-2:30		TEST & FINAL REVIEW			ALL CAMPERS	All campers stay for the test	
102	2:30-4pm	2	Clean-up/Tear down			All Campers		

Moogong Martial Arts Summer Camp Application Form (July 22-25, 2010)

Mail/E-mail or Fax Back to: Camp 2010 - 1349 Brice Rd. Reynoldsburg, OH 43068 - 614.864.4000, Fax: 614-864-4146
 Meet 12:00 pm July 22nd (Thur.) at Kenyon College: 103 Ward St. Gambier, OH (740) 427-5250

Last Name	M. I.	First Name	Date of Birth	Age	M F
Address		City	State	Zip	
Home Phone /Cell Phone		Rank & Style	Studied Martial Arts Since		
Employer		Work Phone	Email		
Parents/Guardians Name (If minor)			Relationship		
Your martial arts school name and Address			City	State	Zip
<small>'83 '84 '85 '86 '87 '88 '89 '90 '91 '92 '93 '94 '95 '96 '97 '98 '99 '00 '01 '02, 03, 04, 05, 06, 07, 08, 09, 10</small>					
Name of person with whom you'd like to share a room (IF CIRCUMSTANCES ALLOW)			Circle the years in which you've participated in this camp		
In case of an emergency contact (Full Name, Phone Number & Relationship)			*** Camp T-Shirts Fee is Included, must order by 7/1/09 for right size ***		

EQUIPMENT ORDER FORM

Description	Price Ea.	Sz.	Qty.	Amount
White V-neck	\$ 45.00			\$
Black V-neck	\$ 50.00			\$
Adidas Black Trim V-neck	\$ 79.00			\$
Head Gear	\$ 32.00			\$
Chest Protector (new improved)	\$ 39.00			\$
Shin/Instep Guards	\$ 20.00			\$
Forearm/Fist Guards	\$ 20.00			\$
Groin Cup	\$ 10.00			\$
TKD Sparring Glove	\$ 20.00			\$
Cane - NEW ITEM	\$ 20.00			\$
Short Staff (Kali Stick)	\$ 12.00			\$
Long Staff	\$ 22.00			\$
Kicking Paddle	\$ 20.00			\$
Sword (Sponge Padded)	\$ 45.00			\$
Sword (Bamboo)	\$ 25.00			\$
Shoes (Regular Training)	\$ 45.00			\$
Shoes (Mooto/Adidas)	\$ 69.00			\$
Camp T-Shirts-CH,S,M,L,XL,XXL (Included in fee must order by 7/1/10)				
Subtotal				\$
10% discount (Ordered by 7/1/10) Subtract				\$
Add Tax (Price x 6.75%)				\$
Equipment Total Amount				\$

EARLY BIRD \$309.00 / \$359 (NON-MEMBER) BY 7/01/10

Full Time 3 nights, 4 days, Training, Room & Board	Full Time Reg. by 7/01/10	Full Time Reg. After 7/01/10	Part Time: Min. 4 Class	Additional Class: \$30.00 Each
OMAC Member w/paid annual membership	\$309.00	\$359.00	Breakfast: \$7.00, Lunch: \$9.00, Dinner: \$10.00	
OMAC Member NOT paid OR Non-OMAC Member	\$359.00	\$399.00	Room: \$36.00 / Night (2 per Rm.)	

Full Time - Registered Date ___/___/___ Amount \$ _____
 Part Time - Registered Date ___/___/___ Amount \$ _____
 Circle and check (X) below all you are applying for (4 classes min.)

Date	Brkfst	Class	Lunch	Class	Dinner	Class	Class	Room
7/22 (Thur)		Reg. begins - 11am		3~4:45pm		7~9pm	9-9:45pm	
7/23 (Fri)		9~11:30		2pm~4:30		7~9pm	9-9:45pm	
7/24 (Sat)		9~11:30		2pm~4:30		7~9pm	9-9:45pm	
7/25 (Sun)		9~10		Test 10~2pm				

No. of Class [] Brkfst [] Lunch [] Dinner [] Room []
 Amount [] + [] + [] + [] + [] = Total
Class Brkfst Lunch Dinner Room

* Schedule of Class, meals, room must be indicated & cannot be changed without prior permission. * At least 50% of Fee must be paid at Pre-registration - Non-refundable due to commitment to University.

I am fully recommended to test I am not testing at the camp
 I am not fully recommended yet but preparing to test at the Camp
 I am or will be recommended to Upgrade at the Camp

Testing to _____ Rank/Belt • Paid or Enclosed Test Fee _____
 Wrote Thesis _____ Activity Report Card _____ • I.D. Card _____
 Completed Test Form & All Recommendation Tapes on My Belt _____
 Completed Fasting for _____ Days / Meditation for _____ Hours

Camp Fee \$ _____ + Test Fee \$ _____ + Equip. \$ _____ = Total Amnt. \$ _____ Total Pd. \$ _____ Bal. \$ _____
 How Paid : Check Credit Card : _____ Credit Card # _____ Exp. Date ___/___/___

Things to Bring: Blanket/Sleeping Bag (Linen not provided), Fan, Pillow, Towels, Tooth Brush/Paste, Soap/Shampoo, At least 2 pair of Uniform/Socks, All Training/Sparring Equipment, Shorts, Martial Arts Shoes, Tennis Shoes, T-Shirts/Jacket, Equipment Carrying Bag, Diary, Notebook, Pen/Pencil, Water Bottle, Alarm Clock, Swimwear, Athletic Tape, Safety Pins, Lotion, Ben Gay, Your Own Sports Equipment, Spending Money (Aprox. \$50.00 - Laundry, Drinks...)

Liability Waiver

I hereby submit my application for registration in the Moo Gong Summer Camp. I agree to waive claims against any person connected with this camp for injuries I may sustain. Likewise I assume full responsibility for all my actions in connection with said camp and agree to abide by all camp rules and camp schedules. I understand that any pictures or video tape of me participating in said camp may be used for publicity without compensation.

Signature _____ Date _____ Parent / Guardian Signature (if minor) _____ Date _____