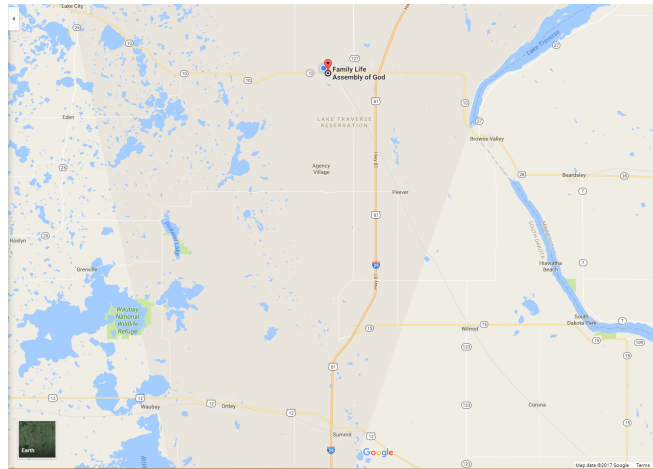




Directions:



From Interstate 29, take exit 232. Turn west . Sisseton is approximately 3 miles off the interstate on Hwy 10.



On Hwy 10, East edge of Sisseton you will see ACE Hardware on the north. Drive approximately 2 miles. Family Life is on the South side.



Summer Camp 2017

**American Chung Do Kwan
20 years STRONG**



Summer Camp 2017 - Sisseton, SD

Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit

**Family Life Assembly of
God Church
404 W 119th St,
Sisseton, SD 57262**

July 21-23, 2017

**Hosted by:
Tiger Tae Kwon Do
of Sisseton**



ACDKL Tae Kwon Do Summer Camp 2017: 20 Years STRONG

Pre-Registration Form

Name: _____

Age: _____ Male/Female: _____ Rank: _____ Black Belt (Choose): Referee Training _____ Instructor Seminar _____

School: _____ Instructor: _____

Paid: _____ Check _____ Cash _____ Signature (if under 18, parent or guardian sign): _____

Shirt Size: _____ Youth Small _____ Youth Medium _____ Youth Large _____ Small _____ Medium _____ Large _____ Extra Large _____ 2X Large _____ 3X Large

Pre-Registration forms must be returned to 45454 112th St, Sisseton, SD 57262 no later than June 10, 2017.

The Packing List

- ___ Sleeping bag, pillow , air mattress
- ___ Warm jacket
- ___ Comfortable clothes
- ___ Towels and personal toiletries
- ___ Swimsuit/towel/sandals (just in case)
- ___ Medications if needed
- ___ Sunscreen & bug spray
- ___ Do Baks & Personal Sparring Gear
- ___ Comfortable close toed shoes

Cost of Camp

Camp Fees: Early Bird Rates: (Sign up by June 10)

Individual: \$70

Family: 1st = \$70, 2nd = \$65, all others \$60

Non-participant fee: \$40.00

After June 10: \$80.00 per person

Non-participant fee: \$40.00

Preregistration by June 10 includes a free T-shirt

Fee includes:

- ◇ Two nights stay (Fri. and Sat.)
- ◇ Six Meals (Fri. night, Sat. x3, Sun. x2)
- ◇ Numerous training sessions
- ◇ Lots of Fun!

Hotel Rooms Available: \$100/night

Super 8 on the East edge Hwy 10 Sisseton.

(15 rooms are blocked under Janelle Gregg.)

If you have questions,

call: **Janelle Gregg**
(605) 268-0284

Or

(605) 698-4393

Email: **Janelle.gregg@gmail.com**

Agenda

Friday

4:00 PM - 6:00 PM Arrive / Check-in and light snacks

6:00 PM – Black Belt Testing

After Testing – Pizza and free time

10:30 PM – Lights out

Saturday

6:30 AM – 7:00 AM Wake Up and Get ready

7:00 AM - 7:30 AM Morning FUN run

7:30 AM – 8:00 AM Clean-up for Breakfast

8:00 AM - 9:00 AM Breakfast

9:00 AM - 11:00 AM Gup Rank: Sparring drills\

Black Belt: Referee Training

(also instructor training, if needed)

BREAK

11:15 AM – 12:30 PM Gup Rank: Sparring techniques\

Black Belt: Referee Training

(also instructor training, if needed)

12:30 PM – 1:30 PM Lunch

1:30 PM – 3:30 PM Sparring in the ring, with referees

(also instructor training, if needed)

BREAK

3:45 PM – 5:45 PM Hopkido

5:45-6:00 PM Clean-up for Dinner

6:00-7:00 PM Dinner

7:00-8:30 PM Obstacle Course and Ninja Games

8:30 PM – 10:30 PM Free Time (movie and popcorn)

10:30 PM - Lights Out

Sunday

6:30 AM – 7:00 AM Wake Up and Get ready

7:00 AM – 8:00 AM Breakfast

8:00 AM – 10:00 AM Stick Fighting

10:00 AM – 11:00 AM Clean up and pack out\ Service

11:00 AM - 11:30 AM Awards

12:00 PM Official End of Summer Camp