



Yoon's Martial arts School 6th Annual Summer Retreat August 31st to September 2nd 2013 Labor Day Long Weekend

Yoon's Martial Arts School
Bay 14 3510 27th street N.E
Calgary Ab. T2K 4R2
403 273 5900
www.hapkidoyoon.com

Dear Students:

Yoon's Martial Arts School will be hosting their much anticipated 6th annual overnight training camp. The Camp will be held at Castle Mountain and will be open to only 20 students. We will have access to full indoor and outdoor training grounds, and hiking trails. This Camp will give the student a change of pace from regular training classes. It will be a time well spent learning martial arts, as well as building camaraderie amongst fellow martial arts students. The following will be some activities that will be covered at the event.

A List of Activities:

Self defence and pattern, Curriculum refinement and teaching in serene environments.
Wilderness combat self defence Techniques, Meditation at the waterfalls, Acupressure – Acupuncture, Weapons - Knife training, Kum sul do (the way of the sword), Hiking Sparring, grappling techniques, Wilderness callisthenic exercises, trx work out, Team building and martial arts games, Martial arts lectures, Knife capture the flag, ceremonial Tea, Red man and S.A.R.A

Message from Instructor Bobby:

six years ago when I started this retreat, my goal was to hold an event that would build moral and camaraderie in the school and help my students grow as martial artists. This retreat is truly that, a time to regroup and refine your mind and body. It is a great opportunity for all of us to cultivate our inner Mu-do spirit and develop our skill. So grab this opportunity by the horns and I promise it will be a blast.

Things to Bring

Linens and pillow or (optional)	Toothbrush,	Toiletries, with no scents
Martial arts uniform	Club t shirt,	sweat shirts, Track or sweat pants
extra socks,	extra underwear,	rain gear
Running or hiking shoes,	a back pack,	2 water bottle Labeled,
some spending cash,	sunglasses,	sun screen,
cap-hat,	bug spray,	dry bag,
swimming gear,	pajamas,	towels and wash cloths,

Indoor and Outdoor shoes because the floors are slate. No Perfumes, it is a scent free cabin

Please return the attached (3rd page) form to register for this event. **There are 20 spots available.**

Please read the next page for what's included in the cost and details of the camp.

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What the camp includes

Camp cost is \$400/person and includes the Following:

- Training With Master Yoon, Head Instructor Bobby.
- 3 day 2 night accommodation at Castle mountain
- linen, pillows, towels, wash clothes, un scented soap
- 3 Meals and 3 snacks a day. You need to stay fueled

Menu Example; If you have any allergies to the following menu, or any food please let us know.

Meals	Quantity	Food Suggestions
Morning Snack	2	Yogurt, Granola Bars, Fruit [watermelon, cantaloupe, apples]
Breakfast	2	Pancakes, Cereal, Quiche, Beef sausages, Toast, Fruit Juices
Lunch	3	Homemade Soups, Sandwiches [beef & turkey]
Afternoon Snacks	2	Yogurt, Granola Bars, Fruit, Homemade Cookies/Muffins,
Dinners	2	Baked Chicken, Salad , Mtn Potatoes, Lasagna
Evening Snacks	2	Campfire Marshmallows, Popcorn, Tortilla Chips , Fruit Juices

OUR HOSTS, MONICA & FRASER ARE PLEASED TO PROVIDE YOU WITH A SCENT & SMOKE FREE ENVIRONMENT

Please meet at the Studio at 8am we will leave at 8:30am

(Please read next page for schedule upon arrival)

Getting to Castle Mtn Resort, 3 hrs South & West of Calgary

Drive South of Calgary on highway #2, 2 hours to Ft Macleod,
 Turn Right or West at Ft Macleod on highway #3, ½ hour to Pincher Station
 Turn Left or South at Pincher Station on highway #6 3 minutes to Pincher Creek
 There is a Wal-Mart on your left, as you enter Pincher Creek
 Turn Right or West at the Shell station on highway # 507 15 minutes to Beaver Mines
 At a T intersection turn Left or South to Beaver Mines on highway #774
 There is a General Store in Beaver Mines selling, liquor, gas, snacks, etc
 Follow #774 to Castle Mtn Resort, about 10 kms of gravel road 15 minutes to Castle Mtn

PLEASE DRIVE CAREFUL AND WATCH FOR MANY ANIMALS ALONG THE ROAD

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NAME: _____

ADDRESS: _____ POSTAL CODE _____

AGE: _____ BELT: _____

HOME PHONE NUMBER: _____ Cell: important for quick updates _____

EMERGENCY PHONE NUMBER: _____

E-Mail _____

ALLERGIES (IF STUDENT HAS ANY TO FOOD): _____

ALBERTA HEATH CARE# _____ (just in case of emergency)

ANY MEDICAL CONDITIONS STUDENT MAY HAVE: _____

STATEMENT OF WAIVER:

I hereby release Yoon's Martial Arts School, Grand Master Byung Ock Yoon, its instructors; and all other employees and affiliated members of responsibility, and agree to waive claims against any person partaking in Yoon's Martial Arts School 2013 Summer retreat, for any injuries or damage which I may incur traveling to attending, practicing for, or returning from the event.

ENTRY FEE: \$400
Option 2, 2 payments of 200.00 via postdated cheque

I have carefully read the agreement above and fully understand its contents. I am aware that this agreement is a release of liability and responsibility between myself (students and, or Parents/guardian) and Yoon's Martial Arts School, Master Byung Ock Yoon, its instructors; and all other employees and affiliated members. I the student and or parent/guardian voluntarily agree to each of the terms and provisions thereof and sign this agreement on my own free will.

SIGNATURE OF CONTESTANT: _____

SIGNATURE OF PARENT OR GUARDIAN (if under 18 years old) _____

WITNESS: _____

DATE: _____ 2013

THIS FORM MUST BE COMPLETED AND RETURNED. Registration is on a first come basis. We need a definite answer by August 24th in order to book the Cabin. Please bring the form in as soon as you know you can attend (Payment is not due until Aug 24th) If there is not an adequate turn out we may have to cancel the event.