

2018 Tae Kwon Do Chung Do Kwan Schools Spring Training Seminar

The Tae Kwon Do Chung Do Kwan Schools cordially invite you and your family to the Tae Kwon Do Chung Do Kwan Schools Spring Training Seminar. Our theme this year is "SPARRING." Several masters will show the different types of sparring and we'll be practicing throughout the seminar. It will be non-contact sparring, however, those wishing to bring pads and protective gear to participate in light contact sparring among interested individuals will have opportunities to do so. Please come prepared for a considerable work out!

Where/When: Friday, March 16, 2018: Tucson Tae Kwon Do School
4126 E. Speedway Blvd.

Saturday, March 17, 2018: University of Arizona Gittings Gym,
1737 E. University (on the mall, just west of Campbell Blvd.)

Please Note: The locations are a change from the original registration form.

Cost: \$150 per person or 2 or more members of the same immediate family, \$130 per person. Includes participation in all workshops, seminar tee shirt, boards for breaking, and Saturday nights dinner.

Activities: Sparring! Forms Training! Core Stability and Strength for Martial Artists! Joint Mobility, Dynamic Stretching and Flexibility Training! Board breaking!

Schedule: **March 16:** 5:30-6:30: Class with Grand Master Kim followed by Black Belt meeting

Location: Tucson Tae Kwon Do School, 4126 E. Speedway

March 17: Seminar begins

0800: Registration

0850: Seminar begins

1000: Black Belt testing

1200: Lunch (on your own)

1330-1630: Seminar continues

1715: Dinner

Location: University of Arizona Gittings Gym

Attire: Uniforms are required for Friday's tournament and Saturday night's exhibitions. Otherwise, comfortable clothing for TKD practice is suggested (sweats & tee shirts, TKD shoes or non-marking soled shoes are okay if you can kick in them; the flooring is gymnasium wood).

Rooms: Tucson is a popular tourist destination, particularly during March, as our beautiful weather is very attractive this time of year. However, there are some good hotel deals out there, so it's best to search on-line for the best deals.

**2018 Tae Kwon Do Chung Do Kwan Schools
Spring Training Seminar
Registration Form**

Name _____ Age _____ Rank _____

Address _____ Phone _____

School _____ Instructor _____

School Address _____

Registration Fee: \$150 (2 or more members of the same immediate family, \$130 per person).

Registration fee includes participation in all workshops, tournament, exhibition, and a seminar tee shirt. Please register by **February 28th** so that enough tee shirts can be ordered. Make checks payable to "Tae Kwon Do Chung Do Kwan Schools."

Tee shirt size (circle one): Youth-L, Adult-S, Adult-M, Adult-L, Adult-XL, Adult-XXL

The Chung Do Kwan Tae Kwon Do Schools Spring Training Seminar is designed to be fun, exciting, informative, and challenging. Participants should come mentally and physically prepared to work hard. Participants should consult with a physician before attending this function.

Waiver: I agree to fully release and hold harmless the Tucson Tae Kwon Do Schools, the Tae Kwon Do Chung Do Kwan Schools (TCS), the University of Arizona, and their agents for any and all liability for and damage or injury that I may suffer while participating in the TSC Spring Training Seminar. I am fully aware of and accept the potential risks associated with this event.

Signature of Applicant

Date

Guardian's Signature (required if participant is under 18)

Date