

TIGER WOO'S WORLD CLASS SPARRING AND POOMSE CAMP



Preparation for Tournaments

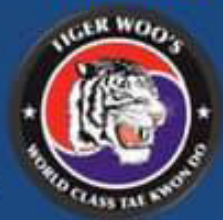
Factors such as speed, agility, muscle power, eye to hand coordination and eye to foot coordination are classified as components of "motor" fitness. These factors effect your survivability in a conflict or competition. The physical fitness training that we provide during camp training can improve these factors within your physical limitations and potential.

Our training program seeks to improve and/or maintain all the components of physical and motor fitness through sound, progressive physical training for you. Every Friday we will have a small tournament competition and students will receive medals. Remember taekwondo competition is an essential part of martial arts training. Competition allows you to put your individual skills to the test against another individual of similar experience and level.



Register for all Seven weeks!
Spaces are limited only
16 spots available!

Tiger Woo's World Class Tae Kwon Do



2021 SPARRING POOMSE CAMP

Testing Before and After

This is a perfect opportunity for students who need to prepare for their next belt test and or learning new curriculum once they achieved their new belt. We will be working on Stance -Balance-Agility-Accuracy-Steps -Power These fun and exciting weeks are packed full of all types of Taekwondo activities: poomse, self-defense, power Taekwondo, sparring, breaking practice. The improvements gained and taken back to the regular classes

- Great chance to earn tips
- Prepare for belt test
- Learning new curriculums



SAMPLE SCHEDULE

9:00-9:30am Drop Off (Warm-up)

Morning

- Physical Exercise
- Poomse
- Board Breaking

Afternoon

- Sparring Steps
- Sparring Drills
- Sparring



3:00pm - 3:30pm Pick up

Tiger Woo's World Class Tae Kwon Do



2021 SPARRING POOMSE CAMP



SPARRING POOMSE CAMP

Tiger Woo's World Class Tae Kwon Do

1. Please complete a separate application for EACH participant. Please print.
2. Fill in Camper & Parent/Guardian Information sections.
3. Check which weeks you would like to register for.
4. Choose a payment option.

CAMPER Information

First Name _____

Last Name _____

Address _____

City _____ Zip _____

Age _____ Birth Date: _____ Male / Female

PARENT/GUARDIAN Information

First Name _____

Last Name _____

Home Phone _____ Cell Phone _____

E-mail Address _____

Camp will be cancel if there are lesser than 5 participants. We will notify you for a refund.

Every day your child will need to bring two snacks, lunch, sparring gear and a Tae Kwon Do uniform.

IMPORTANT! For Staff Use Only:

Date Received: _____

Early Bird _____ Standard _____

Cash / Credit Card / Check

Total Amount Paid _____

Initials _____

Sparring / Poomse Camp Registration Form

WEEK Registration

Please check mark the weeks you wish to register for:

Week 1 Sparring and Poomse 6/7 - 6/11

Week 2 Sparring and Poomse 6/14 - 6/18

Week 3 Sparring and Poomse 6/21 - 6/25

Week 4 Sparring and Poomse 7/12 - 7/16

Week 5 Sparring and Poomse 7/19 - 7/23

Week 6 Sparring and Poomse 7/26 - 7/30

Week 7 Sparring and Poomse 8/2 - 8/6

Register before May 1 and Save \$50 per week!

PAYMENT Information

Please check one of the following payment options:

- Option 1: Cash
 Option 2 : Credit Card
 Option 3 : Check (to: Tiger Woo's TKD)

TIGER WOO'S WORLD CLASS TKD
 8645 Columbus Pike Lewis Center OH, 43035

Learn about our Tae Kwon Do Program
Tiger World Class Tae Kwon Do

(740) 953-1110

www.Tigerwoostkd.com

Manager@tigerwoostkd.com

The program is led by the World Class Instructors. Every student has different learning speeds. Our experienced instructors individualize their teaching styles to accommodate student needs while continuing to challenge and guide them to their goals. Every student receives personal attention - our instructors are dedicated to helping all of our students achieve their best. Please join us for a great opportunity!

Week 1 Sparring and Poomse Camp
 6/7 - 6/11 9am-3:30pm pick up

Week 2 Sparring and Poomse Camp
 6/14 - 6/18 9am-3:30pm pick up

Week 3 Sparring and Poomse Camp
 6/21 - 6/25 9am-3:30pm pick up

Week 4 Sparring and Poomse Camp
 7/12 - 7/16 9am-3:30pm pick up

Week 5 Sparring and Poomse Camp
 7/19 - 7/23 9am-3:30pm pick up

Week 6 Sparring and Poomse Camp
 7/26 - 7/30 9am-3:30pm pick up

Week 7 Sparring and Poomse Camp
 8/2 - 8/6 9am-3:30pm pick up

- Every week we will have a tournament and campers will each receive a Gold Medal!

Camp Tuition: \$200 per week (\$250 after May 1st)

Additional Week: \$150 per week (\$200 after May 1st)

Additional Children: \$150 per week (\$200 after May 1st)

Spaces are limited to 16 Campers, register soon!
 Every day your child will need to **bring two snacks, lunch**, sparring gear and a Tae Kwon Do uniform.