



# 2023 UMS Taekwondo SUMMER CAMP

6349 Columbia Pike, Falls Church VA 22041 / 703.914.1110



- Dates: June 19 - August 18, 2023 (No camp July 3<sup>rd</sup>-14<sup>th</sup>)
- Hours 8:30am – 4:30pm (\$5 per extra hour after 4:30pm)
- \$289 a week / \$10 discount for signing up for 4 weeks & more / \$10 discount for additional family members
- Registration Fee \$80 (Includes TKD uniform & Camp T-shirt)
  - If you already have a **UMS TKD** Uniform, registration will be \$30 (will also include Camp T-shirt)
- Who can attend: 5 to 12 year old students  
(13 years & up need special permission from Grand Master Um)
- Taekwondo, Discipline, Self-confidence, Focus, Exercise... more
- Trip to the Korean Embassy by schedule

\* The Korean embassy is special reservation. We will announce as soon as the reservations are accepted.

**Camp Includes:** Taekwondo classes, Korean Embassy, Swimming pool, Flower Garden, Breaking Board, Parks, Movies in studio, Sports, Korean Language etc ....

**Field Trip Fee will apply for:** Chuck E. Cheese, Movie Theater



Visit our site [umsKICK.com](http://umsKICK.com)

Any questions? → [umsmartialarts@gmail.com](mailto:umsmartialarts@gmail.com)

## 2023 Summer camp schedule

### MON

**8:30 AM** Kiss & Ride between 8:30 – 9:40 am.  
Play quiet activities, games, movie.

**9:40 AM** The camp begins! Dojang rules;  
Learn mannerism. Taekwondo Class:  
a) Physical fitness activities  
b) Learn about discipline  
c) Kicking technique, Balance.

**11:30 AM** Lunch & rest; Supervised free time.  
Board games, Legos, blocks..

**12:50 PM** **TKD obstacle course and Dodge ball,  
Music sparring with no contact,  
Learning organization, Discipline exercise**

**3:15 PM** Taekwondo meditation clean-up  
Responsibility and snack time

**3:45** Camp ends: Quiet-activity until **parents pick up**

### TUE

**8:30 AM** Kiss & Ride between 8:30 – 9:40 am.  
Play quiet activities, games, movie.

**9:40 AM** Taekwondo Class: Kicking and punching practice,  
Target striking, Dummy bag striking,  
Combination kicks

**11:00 AM** **Lunch & go to the Field Trip**  
Week 1. Korean Embassy / swim pool  
Week 2. Laser tag in studio / swim pool  
Week 3. Chuck E cheese / swim pool  
Week 4. Movie Theatre / swim pool  
Week 5. Korean Embassy / swim pool  
Week 6. Chuck E Cheese / swim pool  
Week 7. Laser tag in studio / swim pool

Return to the dojang, Taekwondo meditation  
and stretch, Learn to organize & clean-up  
**2:45 PM** Responsibility and snack time

**3:45** Camp ends: Quiet-activity until **parents pick up**

### WED

**8:30** Kiss & Ride between 8:30 – 9:40 am.  
Play quiet activities, games, or watch a movie.

**9:40 AM** TKD Class: One-step sparring & free sparring  
Posture and movement. Combination steps

**11:00 AM** Lunch & rest; Supervised free time  
Board games, Legos, blocks.....

**3:15 PM** Taekwondo discipline and meditation,  
Learning organization & clean-up responsibility  
and snack time

**3:45** Camp ends: Quiet-activity until **parents pick up**

### THUR

**8:30 AM** Kiss & Ride between 8:30 – 9:40 am.  
Quiet-time activities, games, or movie.

**9:40 AM** Taekwondo self-defense training and  
Obstacle courses. Spider punch and kick!

**11:00** Lunch Time & **go to the Swimming Pool**

**2:45** Return to the Dojang, Meditation  
Taekwondo discipline – learn to organize  
& clean-up; Responsibility and snack time.

**3:45** Camp ends- Quiet activity until **parents pick up**

### FRI

**8:30 AM** Kiss & Ride between 8:30 – 9:40 am.  
Play quiet activities, games, or watch a movie.

**9:40 AM** Taekwondo: Practice breaking techniques, and  
Movie style sparring. Obstacle course

**11:30 AM** Lunch Time & rest; supervised time:  
Game day!

**1:00** Taekwondo Board Breaking Techniques

**3:15 PM** Taekwondo discipline – learn to organize &  
clean-up; Responsibility and snack time

**3:45PM** Camp ends: Quiet-time activity  
until **parents pick up**

- **Schedule is subject to change.**
- **Bring own Lunch and Snacks every day.**
- **Not allowed to bring any kind of nuts.**
- **On Chuck E Cheese field trip days, lunch is provided. (only bring snacks)**

- **Mon. and Fri. – wear uniform**
- **Tue. and Thur. – Camp T-shirt**
- **Thursday – Swim suit and sun screen**

## 2023 Summer camp Registration forms

|                                       |             |                      |                |
|---------------------------------------|-------------|----------------------|----------------|
| Guardian Name:                        |             | Email:               |                |
| Address:                              |             |                      |                |
| Home Phone:                           | Work Phone: | Cell Phone:          |                |
| Emergency Contact Name:               |             | Relation to student: |                |
| Phone:                                |             |                      |                |
| Student 1:                            |             | Age:                 | Gender: M or F |
| Student 2:                            |             | Age:                 | Gender: M or F |
| Student 3:                            |             | Age:                 | Gender: M or F |
| Any health conditions to be aware of? |             |                      |                |

| 1 <input type="checkbox"/>   | 2 <input type="checkbox"/>                    | 3 <input type="checkbox"/>               | 4 <input type="checkbox"/>              | 5 <input type="checkbox"/>               | 6 <input type="checkbox"/>               | 7 <input type="checkbox"/>                    |
|--|---|--|---|--|--|---|
| 6/19 - 23  | 6/26 - 30                                     | 7/17 - 21                                | 7/24 - 28                               | 7/31 - 8/4                               | 8/7 - 8/11                               | 8/14 - 18                                     |
| Pd. _____<br>Korean Embassy<br>Swim pool   | Pd. _____<br>Laser tag in studio<br>Swim pool | Pd. _____<br>Chuck E cheese<br>Swim pool | Pd. _____<br>Movie Theatre<br>Swim pool | Pd. _____<br>Korean Embassy<br>Swim pool | Pd. _____<br>Chuck E Cheese<br>Swim pool | Pd. _____<br>Laser tag in studio<br>Swim pool |
| <p>*Camp hours: 8:30am – 4:30pm *Camp fee: \$289 a week (\$5 per extra hour after 4:30pm)<br/>           \$10 discount for additional family members / \$10 discount for signing up for 4 weeks or more<br/>           \$50 Deposit is required to hold your spot for each week. It is not refundable.<br/>           \$80 Registration Fee will include UMS TKD uniform &amp; Camp T-Shirt.<br/>           If they already have uniform registration is only \$30.00.<br/>           *4 weeks &amp; more, camper receives 2 T-shirts. *1-3 weeks camper receives 1 T-shirt.<br/>           If paying weekly, the Camp fee will be charged on Friday (10 days before.)<br/>           Field Trip: Chuck E Cheese \$30(include lunch &amp; Tokens), Movie Theater (include popcorn &amp; drink)</p> |   |  |   |  |  |   |

|  |  |
|--|--|
| Registration fee: _____ Deposit: _____ INITIALS<br>\$ _____ ck _____ CC _____ Pd On: ____ / ____ / ____  | CK _____ CC _____ CA _____ Pd On: ____ / ____ / ____<br><br>Credit Card: _____<br><small>*requires</small><br>Exp. Date: ____ / ____ / ____ CVS code: _____<br><i>We will charge every Friday 10days before camp start</i> |
| <b>CALCULATIONS &amp; PAYMENT:</b><br><br>Camper 1 _____ <b>X</b> _____ = \$ _____<br><small>WEEKLY RATE # OF WEEKS</small><br><br>Camper 2 _____ <b>X</b> _____ = \$ _____<br><small>10% OFF WEEKLY RATE # OF WEEKS</small><br><br>Camper 3 _____ <b>X</b> _____ = \$ _____<br><small>10% OFF WEEKLY RATE # OF WEEKS</small><br><br><b>TOTAL \$ _____</b> | <ul style="list-style-type: none"> <li>• Camp Uniform :</li> <li>• Camp T shirts :</li> </ul>  |

## TERMS OF AGREEMENT

**Payment/Cancellation/Modification Policy:** Registration payment reserves the camper(s) listed above space in the camp. All payments are non-refundable. Payment for the week secures the entire week, even if the camper(s) listed above does not attend the entire week. If payments are not received on time the camper(s) will not be allowed in the camp. Payments made weekly are due on Fridays (10 days before) Failure to make a payment on any due date (whether in person or rejected Credit Card draft) will cancel participant's registration. UMS reserves the right to cancel camp sessions due to safety / Covid concerns and / or if less than 5 students enroll for a given week. If the payment (i.e Card or check) is found to be declined on due date, there will be a \$15 decline fee.

I understand that chosen camp weeks that the student attends, cannot be changed due to the limited amount of space.  
The camp schedule is also subject to change depending on given circumstances or situations.

**If the camper(s) cannot attend due to physical reasons (i.e., broken leg), a Doctor's medical note must be provided in order for payments to be applied toward future camps or Taekwondo memberships.**

A \$25 service fee made payable to UMS Martial Arts is charged for bounced checks. A \$25 service fee is charged for modification of weeks (not for adding weeks in advance). After 4:30, \$6 will be charged per extra hour before pickup. Failure to make payments will result in referral to a collection agency.

**Waiver and Release:** I, as the child(ren)'s legal guardian, fully recognize that martial arts involves strenuous physical exercise and I am fully aware of the risks of injury and/or illness inherent in participation in any fitness or martial arts program, and I have taken all reasonable steps to determine, and hereby warrant, that my child(ren) is(are) in good health and physically capable of participating in the programs and courses of instruction offered by UMS Martial Arts. I understand and agree that all participation in any such fitness program or use of UMS Martial Art's equipment or facilities on or off the premises, including field trips, shall be at our own risk and with knowledge that children with food allergies must bring their own lunch and snacks.

I authorize the officers and personnel of UMS Martial Arts to transport my child(ren) to and from UMS Martial Arts in any event, and in the case of a medical emergency I authorize UMS Martial Arts and its officers and personnel to seek medical attention for the camper(s) mentioned above. I also authorize the attending physician to perform any emergency treatment that is deemed necessary. I hereby release, indemnify, and hold harmless UMS Martial Arts and its personnel from and against any and all claims, suits, demands, damages, costs and liabilities of any kind or any kind of nature, including attorney's fees and costs, for any injury, harm or fatalities of myself or my child(ren), or of any person(s) who become entitled to the use of the facilities of UMS Martial Arts by virtue of this agreement, or any third parties, which arise directly or indirectly out of or in virtue of our presence at UMS Martial Arts for any form of compensation or claim for any fatalities, harm or injuries sustained by our presence at UMS Martial Arts. Schedule is subject to change. Camp will be canceled if the number of students is 4 or less.

**Loss/Damage/Theft of Property:** I understand and agree that UMS Martial Arts and its personnel shall not be held responsible for any personal property which is damaged, lost or stolen in or around UMS Martial Arts or its facilities, or at any of UMS Martial Arts' off-premises events and field trips.

**Photographic Equipment:** I hereby authorize UMS Martial Arts personnel to photograph me or my child(ren) and to utilize such photographs for commercial purposes, including but not limited to the promotion and marketing of UMS Martial Arts, and I agree that I nor any party acting on me or my child(ren)'s behalf shall not be entitled to receive compensation as a result of such use.

**COVID-19 liability** I acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing. I further acknowledge UMS Martial Arts has put in place preventative measures to reduce the spread of Coronavirus/COVID-19. I further acknowledge that UMS Martial Arts cannot guarantee that I will not become infected with the Coronavirus /Covid-19. I understand that the risk of becoming exposed to and/or infected by Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to: staff, and other clients and their families. I voluntarily seek services provided by UMS Martial Arts and acknowledge that I am increasing my risk of exposure to Coronavirus/COVID-19. I acknowledge that I must comply with all set procedures to reduce the spread while attending class.  
I attest that:

- Participants are not experiencing any symptoms of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
- I do not believe the participant has been exposed to someone with a suspected and/or confirmed case of Coronavirus/COVID-19.
- Participant has not been diagnosed with Coronavirus/Covid-19 and not yet cleared as non-contagious by state or local public health authorities.

I hereby release and agree to hold UMS Martial Arts harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of the academy, or that may otherwise arise in any way in connection with any services received from UMS Martial Arts. I understand that this release discharges UMS Martial Arts from any liability or claim that I, my heirs, or any personal representatives may have against the academy with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to, any services received from UMS Martial Arts. This liability waiver and release extends to the academy together with all owners, partners, and employees.

**Guardian Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_