



# 2024 UMS Martial Arts SUMMER CAMP

6349 Columbia Pike, Falls Church VA 22041 / 703.914.1110



- Dates: June 17<sup>th</sup> – August 16<sup>th</sup>
- Hours 8:30am – 4:30pm (\$8 per extra hour after 4:30pm)
- \$309 a week / \$10 off for signing up for 4 weeks & more / \$10 off for additional family members /
- **Early register discount \$10 off by March 15<sup>th</sup>**
- 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

\* The Korean embassy is requiring a reservation. We will announce as soon as the reservations are confirmed

**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? Text/call 703 914 1110 or  
[umsmartialarts@gmail.com](mailto:umsmartialarts@gmail.com)

## 2024 Summer camp schedule

### MON

**8:30 AM** Kiss & Ride between 8:30 – 9:45 am.  
Play quiet activities, games, movie.

**9:40 AM** The camp begins! Dojang rules;  
Learn mannerism. Martial Arts  
1 wk Sword 2wk. Nun chuk 3wk. Kickboxing  
4 wk Sword 5wk. Nun chuk 6wk Kickboxing  
7wk Sword 8wk. Nun chuk

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

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

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

### TUE

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

**9:45 AM** Sword Class: Sword tech and punching practice,  
Target striking, Dummy bag striking,  
Combination tech.

**11:00 AM** **Lunch & go to the Field Trip**  
Week 1. Sword tech. Korean Embassy  
Week 2. Nun Chuck. Laser tag in studio  
Week 3. Kickboxing, Chuck E cheese  
Week 4. Sword tech, Movie Theatre  
Week 5. Nun Chuck, Korean Embassy  
Week 6. Kickboxing, Laser Tag in studio  
Week 7. Sword tech, Chuck E Cheese  
Week 8. Nun Chuck, Laser Tag

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.**
- **On Chuck E Cheese field trip days, lunch is provided. (only bring snacks)**
- **Not allowed to bring any kind of nuts.**

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

## 2024 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"/>	8 <input type="checkbox"/>
6/17 - 21	6/24 - 28	7/8 - 12	7/15 - 19	7/22 - 26	7/29 – 8/2	8/5 - 9	8/12 - 16
Pd. _____ Korean Embassy Sword	Pd. _____ Laser tag in studio Nun Chuk	Pd. _____ Chuck E cheese  Kickboxing	Pd. _____ Movie Theatre  Sword	Pd. _____ Korean Embassy Nun Chuk	Pd. _____ Laser tag in studio Kickboxing	Pd. _____ Chuck E cheese  Sword	Pd. _____ Laser tag in studio Nun chuk

\*Camp hours: 8:30am – 4:30pm \*Camp fee: \$309 a week (\$8 per extra hour care after 4:30pm)  
 \$10 discount for additional family members / \$10 discount for signing up for 4 weeks or more  
**\$50 Deposit is required each student to hold your spot for each week. It is not refundable.**  
 \$80 Registration Fee will include UMS TKD uniform & Camp T-Shirt.  
 If they already have uniform registration is only \$30.00.  
 \*4 weeks & more, camper receives 2 T-shirts. \*1~3 weeks camper receives 1 T-shirt.  
 If paying weekly, the Camp fee will be charged on Friday (10 days before.)  
 Field Trip: Chuck E Cheese \$40(include lunch & Tokens), Movie Theater \$30 (include popcorn & drink)

Registration fee: _____ Deposit: _____ \$ _____ ck _____ CC _____ Pd On: ____ / ____ / ____ <small>INITIALS</small>	CK _____ CC _____ CA _____ Pd On: ____ / ____ / ____  Credit Card: _____ <small>*requires</small> Exp. Date: ____ / ____ / ____ CVS code: _____ <i>We will charge every Friday 10days before camp start</i>
<b>CALCULATIONS &amp; PAYMENT:</b>  Camper 1 _____ <b>X</b> _____ = \$ _____ <small>WEEKLY RATE # OF WEEKS</small>  Camper 2 _____ <b>X</b> _____ = \$ _____ <small>10% OFF WEEKLY RATE # OF WEEKS</small>  Camper 3 _____ <b>X</b> _____ = \$ _____ <small>10% OFF WEEKLY RATE # OF WEEKS</small>  <b>TOTAL \$</b> _____	<ul style="list-style-type: none"> <li>TKD Uniform :</li> <li>Sword \$35:</li> <li>Kickboxing Glove \$25:</li> </ul> <ul style="list-style-type: none"> <li>Camp T shirts :</li> <li>Nun Chuk \$25 :</li> </ul>

## **TERMS OF AGREEMENT**

**Payment/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 will be due 10 days before the start of the week (Friday). Failure to make a payment on any due date (whether in person or due to rejected Credit Card draft) will cancel participant's registration. If the payment (i.e card or check) is found to be declined on the due date, there will be a \$15 decline fee.

I understand that due to limited space, there is no guarantee that chosen camp weeks that the student(s) attends can be changed.  
The camp schedule is subject to change depending on given circumstances.

**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 will be charged for bounced checks. A \$25 service fee is charged for modification of weeks (not for adding weeks in advance). \$8 will be charged per extra hour spent at the camp after 4:30. 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 involve 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 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 neither I nor any party acting on me or my child(ren)'s behalf shall be entitled to receive compensation as a result of such use.

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

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