



2026 UMS Martial Arts SPRING CAMP

6343 Columbia Pike, Falls Church VA 22041 / 703-914-1110



- Dates: March 30th – April 6th
- Hours 7:30am – 5pm (\$8 per extra hour after 5:00 pm)
- \$80/1 day, \$339/5days, \$369/6days
/ \$10 off for additional family members
- Registration Fee-Free for Current Members \$40 (include one Camp T-shirt)

\$10 Registration Fee for Non-Members

- 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, Zoo, Flower Garden, Parks, Movies in studio, Sports, Korean language, etc.

Field Trip Fee will apply for: Chuck E. Cheese



Visit our site umsKICK.com umsmartialarts@gamil.com
Any questions? Text/call 703-914-1110

2026 Spring Camp Schedule

MON

7:30 AM Kiss & Ride between 7:30 – 9:30 am.
Play quiet activities, games, movie.

9:40 AM Taekwondo Camp Begins!
Line up on the mat & take attendance.
Taekwondo training – Kicking, Hand Techniques, obstacle course with targets....

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

12:50 PM Obstacle course, Moon bounce, Music sparring with no contact
Learning organization, Discipline exercise

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

TUE

7:30 AM Kiss & Ride between 7:30 – 9:30 am.
Play quiet activities, games, movie.

9:30 AM Taekwondo Camp Begins!
Discipline!
Taekwondo practice – Physical Fitness Training
Basic Techniques - Kicking, Hand Techniques, Sprints, Jumps, and more!
Obstacle course
Free Promise Sparring with Combination Kicks

11:00 AM Go over field trip rules, taekwondo discipline,
Get ready to go to Chuck E Cheese

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

3:45 Camp ends: Quiet activity until parents picks up

WED

7:30 Kiss & Ride between 7:30 – 9:30 am.
Play quiet activities, games, or watch a movie.

9:30 AM Taekwondo Class – Advanced Kicking Techniques
Review board breaking techniques
No Contact Sparring

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

12:00 PM Taekwondo discipline and meditation,
Learning organization & clean-up responsibility
and snack time

12:30 Go to the park

2:30 Return to the dojang, Taekwondo meditation
and stretch, learn to organize & clean-up
Responsibility and snack time

3:30 Camp ends: Quiet activity until parents picks up

THUR

7:30 AM Kiss & Ride between 7:30 – 9:30 am.
Quiet-time activities, games, or movie.

9:30 AM Taekwondo practice – Movie style sparring,
Combination kicking, Board Breaking Techniques

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

11:45 Go over field trip rules, taekwondo discipline,
Get ready to go to Zoo

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

FRI

7:30 AM Kiss & Ride between 8:30 – 9:40 am.
Play quiet activities, games, or watch a movie.

9:30 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.

2026 Spring Camp Registration

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?			
Please Circle the days attending			

wed

Monday 3/30	Tuesday 3/31	Wednesday 4/1	Thursday 4/2	Friday 4/3	Monday 4/6
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CK _____ CC _____ CA _____ Pd On: ____ / ____ / ____ | _____

Waiver and Release of Liability

I, as the legal guardian of the child(ren) listed above, acknowledge that participation in martial arts and fitness activities involves strenuous physical activity and carries inherent risks of injury and/or illness. I affirm that I have taken all reasonable steps to ensure that my child(ren) is/are in good health and physically capable of participating in the programs offered by UMS Martial Arts.

I understand and agree that participation in all programs, use of equipment or facilities (on or off premises), and participation in field trips shall be at our own risk. I acknowledge 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) as necessary. In the event of a medical emergency, I authorize UMS Martial Arts and its personnel to seek medical treatment for my child(ren), including emergency treatment deemed necessary by the attending physician.

I hereby release, indemnify, and hold harmless UMS Martial Arts, its officers, agents, and employees from any and all claims, demands, damages, costs, liabilities, or expenses (including attorney's fees) arising directly or indirectly from participation in UMS Martial Arts programs, use of facilities, transportation, or presence on or off premises.

I understand that UMS Martial Arts assumes no responsibility for injuries or illnesses resulting from my child's physical condition or participation in athletic activities, sports programs, transportation, or field trips (including but not limited to pools, movie theaters, embassies, Chuck E. Cheese, etc.). I assume all risks associated with participation and waive any claims for injury, illness, death, or property damage.

UMS Martial Arts is not responsible for lost, stolen, or damaged personal property.

I understand and agree that UMS Martial Arts and its personnel are not responsible for personal property that is lost, damaged, or stolen on or off premises or during field trips.

Photography Release

I authorize UMS Martial Arts to photograph or record me or my child(ren) and to use such images for promotional or marketing purposes. I understand that no compensation will be provided for such use.

Guardian Name: _____

Signature: _____ **Date:** _____