

ATC DISCIPLINE FALL CAMP 2010 - AV/OC

ALL ATC AND NON ATC STUDENTS ARE WELCOME

6 HOURS OF TRAINING & COLOR BELT TESTING

\$60.00 INCLUDES

CAMP CERTIFICATE
CAMP MEDAL
6 Hours Intense Training

TESTING FEE IS EXTRA \$60.00

(Bring a Small Cooler & Drinks)

PUSH
YOUR
LIMIT!

ATC SPRING DISCIPLINE CAMP

Who: All ATC Students - Ages 6yr - Up (Limited Space)

When: April 17th 2010

Where: ALISO VIEJO: 4 Journey Aliso Viejo 92656

Time: Training Camp 8am to 2pm / Testing 2pm to 3pm

Cut top section and keep for testing times " PLEASE PRINT CLEARLY "

THINGS TO BRING

**BOTTLED WATER
DEDICATION
POSITIVE ATTITUDE
SNACKS - FRUIT**

SPECIAL, HARD TRAINING

TaeKwon-Do / Self-Defense / Forms
Improve your techniques

Name: _____

DOB / / Age: M/F: _____

Current Rank: _____

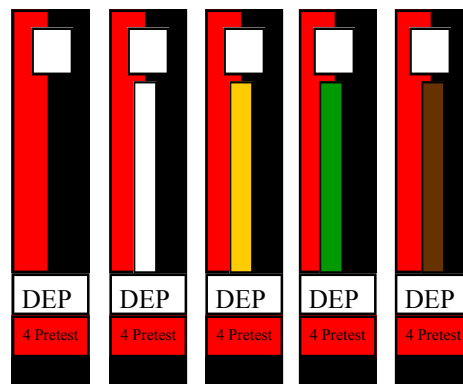
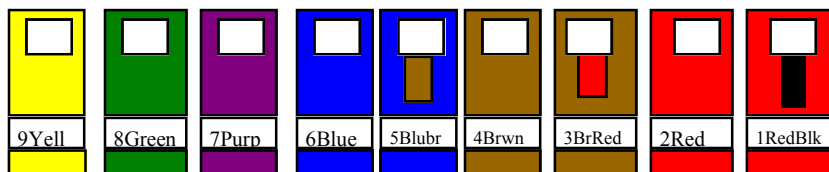
Testing For Rank: _____

Belt Size: 1 2 3 4 5 6 7

Your School Location: _____

PRINT CLEARLY ON APPLICATION

T-SHIRT Size: CHL/10-12 S M L XL XXL



HAPKIDO & JIUJITSU STUDENTS FILL OUT TESTING APPLICATION - ASK YOUR MASTER



CAMP FEE \$60.00

TESTING FEE \$60.00

TOTAL \$ _____

CHECK # _____ VISA MC AMX CASH

CREDIT CARD # _____ EXP _____

3 DIGIT SECURITY CODE ON BACK OF CARD _____ AMX 4 _____

NAME ON CARD _____

HOME ADDRESS _____ ZIP _____

SIGNATURE: _____

**APPLICATION MUST BE TURNED IN BEFORE FRIDAY 04/10/10
NO REFUNDS OR CREDIT ON CAMP FEE 'S DUE TO LIMITED SIZE**

2010 SPRING DISCIPLINE TRAINING CAMP - APRIL 17TH

"Improve your techniques, Practical Self Defense and Learn Other Martial Arts"

Extreme Training & Conditioning with Martial Art Grandmasters

Grandmaster K.O. Spillmann 8th Dan / Grandmaster M. Lind 7th Dan

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When: April 17th 2010

Where: ATC 4 Journey Aliso Viejo, CA

Time: Training Camp 8am to 2pm / Testing 2pm to 3pm

Camp Fee: \$60.00

Testing Fee: \$60.00 (If you are eligible to test ask your instructor or master)

- Black Belt Etiquette & Manners
- Korean Terminology
- Self Discipline Training
- Improving in school and your life.
- Inner Strength Development
- Sparring Drill & Fighting Strategies
- Forms - Hyungs and Taegueks - Koryo - Kuemgang, Taebek, Pyongwon, Sipjin
- Self Defense (White to Black levels)
- Color Belt Testing
- Black Belt Testing Preparation

ATC ALISO VIEJO

4 JOURNEY ALISO VIEJO, CA 92656

(949)425-0500

Application Deadline April 10TH 2010

Camp Director Instructor J. Spillmann (877-ATC-ATC1 / 877-282-2821)