

2011 Tang Soo Do Training Camp



GRANDMASTER DAVE CASTOLDI

GRANDMASTER RICHARD BYRNE



SENIOR MASTER PENNY MITCHELL

& the Masters of the
AMERICAN TANG SOO DO ASSOCIATION
And the **United Tang Soo Do Congress**

*Join us for the Tang Soo Do experience
of a lifetime!*

**Friday, Saturday & Sunday,
July 8, 9 & 10th, 2011
Camp Lyndon, Sandwich, Massachusetts**

2011 Tang Soo Do Training Camp promises to be an exciting, motivating & great learning experience for students of all ages and ranks! **Our special guest is Grandmaster Dave Castoldi**, a 10th degree Black Belt in Ju-Jitsu & Professor Wally Jay's highest ranking student. He has been a guest at our training camps in the past and participants of all ages & ranks learn practical self defense that enhances our Tang Soo Do training. His lightning speed movements with his close-in self defense is amazing and inspiring!

Here is a tentative schedule of this year's camp:

Friday, July 8th

- 6 – 8 PM - Arrival of all campers (No early birds please!)
- 8 – 9 PM - A light dinner is served in dining hall
- 8:30 PM - Movie night in dining hall
 - View Venus, Mars & Saturn through 20-inch reflecting telescope (in field). **



Saturday, July 9th

- 8:30 AM - Breakfast
- 9:30 AM - Bowing In Ceremonies & Special Presentations
- Seminars:
 - All Gup Students and Black Belts Training with Masters
 - Masters Training with Grandmaster Byrne
- 12 Noon - Lunch
- 2 PM - Cardio Work-Out with Masters Allison & James Robinson (optional)
The afternoon is also Camper's free time to swim, socialize, relax and enjoy the camp!
- 6 PM - Dinner
- 7:30 PM - Masters' Demo



Sunday, July 10th

- 8 AM - Non-denominational Worship Service with Master (Reverend) Daniel Moore (optional)
- 8:30 AM - Breakfast
- 9:30 AM - Seminars:
 - Seminar on Ju-Jitsu with Grandmaster Dave Castoldi
 - Grandmaster Byrne & Master Mitchell working with Masters & Instructors who would like to catch up on forms or review Black Belt one-steps, etc.***
- 12:30 PM - Lunch
- 1 – 2:00 PM - Swimming
- 3 PM - Depart from Camp Lyndon!

**Mr. Nugent, 2nd dan from Metro West Tang Soo Do, will be bringing his 20-inch reflecting telescope for astronomical viewing from the workout field Friday & Saturday night (weather permitting). This year, the Moon and Saturn will be the showcase objects visible during the early evening hours. As the sky grows darker, star clusters, nebulae, and distant galaxies will be observed.

***This is for Instructors & Masters who do not get to train regularly due to being out-of-state or their own teaching schedule prevents them from training with Grandmaster Byrne. This is an opportunity to catch up on forms and work on and clarify ATA material such as one-steps, etc.

You must notify Master Mitchell by email no later than July 1st if you are interested in working with Grandmaster Byrne & Master Mitchell. Email: masterpmitchell@gmail.com

ARRIVAL AND DEPARTURE

Campers may arrive between 6 and 8 PM on Friday, July 8th. Departure is 3 PM sharp on Sunday, the 10th! **Camp Rules and directions to the camp will be sent upon receiving your paid application.**

ACCOMODATIONS

The camp is held on a well-kept YMCA campground area on a beautiful pond with 5 large waterfront cabins, space for tenting and RV's, and ample rest rooms and shower facilities.

The waterfront cabins sleep 8 to 9 people each and every year the cabins are full! To ensure you get a cabin, get your application in early! They are reserved on a first come, first served basis. Cabins are divided up into FAMILY CABINS, FEMALE CABINS AND MALE CABINS. When checking off the area on the application for a cabin, specify which you prefer. There are also areas for RV's and tents.

DON'T WANT TO ROUGH IT?

There are many, many hotels and motels in the area if you choose not to stay at the camp itself. Log on to www.sandwichvacation.com for a list of hotels/motels with a range of rates.

MEALS

Grandmaster Byrne's wife Paula and her staff will be preparing the delicious meals again this year! A light dinner is served on Friday evening; breakfast, lunch and dinner on Saturday; & breakfast and lunch on Sunday.

EXTRA ACTIVITIES

Swimming is permitted in the pond when the life guard is on duty only!

BECAUSE OF OUR ECONOMIC TIMES, CAMP FEES ARE BEING TURNED BACK TO WHAT THEY WERE 10 YEARS AGO!!!

•SUPER EARLY BIRD REGISTRATION by June 10th \$150.00

•NON-STUDENT FEE* by June 10th \$100.00

*A NON-STUDENT IS SOMEONE WHO DOES NOT TRAIN IN TANG SOO DO. EXAMPLE: PARENT, GUARDIAN, SPOUSE, RELATIVE OR FRIEND ACCOMPANYING A STUDENT WHO IS ATTENDING THE CAMP. **NON-STUDENT FEES ARE ACCEPTED UNTIL JUNE 10TH ONLY.** IF A NON-STUDENT WISHES TO REGISTER FOR THE CAMP AFTER THE 10TH, HE OR SHE MUST PAY THE PRICES INDICATED BELOW.

•"ON TIME" REGISTRATION FEE by July 1st \$185.00

•"ALWAYS LATE" REGISTRATION FEE July 1st to July 8th \$225.00

Other Important Information:

- No applications will be accepted the day of the camp.
- Children 14 & younger must be accompanied by a parent or guardian at all times.
- There are no refunds.

EVERYONE WHO ATTENDS THE CAMP
...parent, guardian, guest, participant....
**MUST SUBMIT A CAMP APPLICATION AND FEE
REGARDLESS OF LENGTH OF STAY!**

Tang Soo Do Training Camp Application Form

Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Phone Number _____ Email _____

I am a (check one)

____ **PARTICIPANT** ____ **GUEST** (A GUEST IS A NON STUDENT: GUARDIAN, PARENT, SPOUSE, RELATIVE, FRIEND OF PARTICIPANT)

I will be (check one)

____ Bringing a tent ____ Staying at a hotel ____ Bringing an RV

____ Staying in a Cabin

Please check a cabin: ____ Family Cabin (parents staying in cabin w/ children)

____ Male Cabin

____ Female Cabin

COMMEMORATIVE CAMP T-SHIRTS!!! Our always popular and fast-selling camp t-shirts will be available at camp on a first come, first served basis for **\$20.00**.

RELEASE FORM:

I knowingly release and hold Cape Cod YMCA, Inc. and its employees, agents, volunteers, officers and directors harmless from and against liability for loss or injury to myself and/or my child(ren) resulting from my or his/her participation in any activity or program. I agree to indemnify Cape Cod YMCA, Inc and its employees, volunteers, agents, office and directors for all costs and expense which it or they may incur due to claims or demands alleging such injury, including settlement payments, court judgments and legal defense fees. I agree that Cape Cod YMCA shall have final authority regarding the defense and settlement of claims or suits brought against it or any of its employees, agents, volunteers, officers or directors claiming any such injury.

Also, I the undersigned, hereby submit this application to the 2011 Tang Soo Do Training Camp. I waive all claims against any and all persons connected with the ATA/UTC, Byrne's Karate Studios and Camp Lyndon. I also accept responsibilities for all injuries incurred or contracted while attending or participating in this camp. I also agree that the sponsor, without compensation, may use any photos of me or my child.

SIGNATURE OF PARTICIPANT

DATE _____

SIGNATURE OF PARENT OR GUARDIAN

DATE _____

Make checks payable to BYRNE'S KARATE STUDIO & mail to:
Grandmaster Richard Byrne
13 Porter Rd. North Reading, Mass. 01864