



# INTEGRITY MARTIAL ARTS

TAEKWONDO • JUDO • HAPKIDO

## Summer Training Camp – August 29<sup>th</sup> – August 31<sup>th</sup>, 2014

Martial arts training camp is a special opportunity for students to camp, train, bond, and study with their fellow classmates and practice martial arts in a different environment than the classroom. Training will include three Taekwondo workouts where students will practice self-defense, play martial arts games, and learn philosophy. The Camp Lutherhaven facility includes a swimming area, canoes, workout area, showers, hiking trails, tent sites, RV sites, and fire pits.

### **Don't miss out on:**

- Gun defense with squirt guns
- Staff work
- Flying side kick contest
- Forms in the water
- Swimming
- Hiking
- S'mores
- Having fun!

### ***Schedule***

#### **FRIDAY, AUGUST 29<sup>th</sup>**

4:00 pm - 7:00 pm – Arrive at Camp Lutherhaven, set-up camp and have dinner

Note: Lutherhaven has 13 official camp sites that are available first come, first served. However, Lutherhaven has more than enough unofficial camp sites. If you come in the evening and have trouble finding a camp site let us know and we'll help you find a camp site.

#### **SATURDAY, AUGUST 30<sup>th</sup>**

7:00 am - 9:00 am - Breakfast and showers  
9:00 am - 11:00 am - Morning workout  
11:00 am - 12:00 pm - Lunch  
12:00 pm - 2:00 pm - Afternoon workout  
2:00 pm - 3:00 pm - Break  
3:00 pm - 4:00 pm - Swimming and flying side kick contest  
4:00 pm - 5:00 pm - Hiking  
5:00 pm - Swimming, games, and bonfire

#### **SUNDAY, AUGUST 31<sup>th</sup>**

7:00 am – 9:00am - Breakfast and showers  
9:00 am - 10:00 am - Morning workout  
10:00 am - 11:00 am - Lunch  
11:00 am - 12:00 pm - Clean up camp and check out by 12:00 p.m.

Bring: A tent, uniform, staff, flashlight, coat, toothbrush, swimsuit, sunscreen lotion, pajamas, food, snacks, water bottle, sleeping bag, pillow, towel and 3-4 changes of clothes.

**Camp Fee for One Student = \$70.00, Each Additional Student = \$40.00, RV Site Fee Add \$30.00**

**REGISTER BY AUGUST 9TH**