

Be Patient with Others



**DON'T FORGET
YOUR UNIFORM
& CAMP T-SHIRT
EVERYDAY**



GRANDMASTER H.K. LEE ACADEMY OF TAE KWON DO
465 Herndon Parkway, Herndon, VA 20170



CHILDREN'S CAMP RULES

1. Every student must take care at all times to avoid injury to oneself and fellow students.
2. Every student must only use the knowledge gained from this SPECIAL CHILDREN'S CAMP to protect the honor of oneself and defenseless and for the improvement of oneself and others under the supervision of Grandmaster H. K. Lee.
3. Every student must contribute to the team spirit and unity.
4. Every student must listen and obey his or her leaders.
5. Every student must always leave his or her belongings in the place designated by the instructor and must remember where they are.
6. Every student must wait to eat at the same time.
7. Every student must wait to be dismissed from their table after lunch
8. Every student must stay with his or her team at all times except with permission from the leader. (Permission given only for emergencies.)

PLEDGE

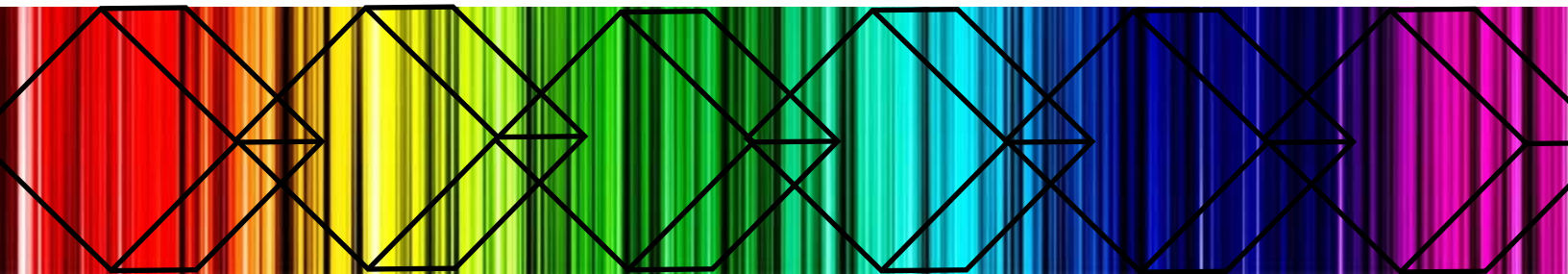
1. I pledge to represent my master and my academy to the best of my ability by:
2. Following the rules and regulations of the H. K. Lee Academy of TaeKwonDo and guidelines of the SPECIAL CHILDREN'S CAMP.
3. Following the Oath of TaeKwonDo:
 - I shall observe the tenets of TaeKwonDo
 - I shall respect my instructors and seniors.
 - I shall never misuse TaeKwonDo.
 - I shall be a champion of freedom and justice.
 - I shall build a more peaceful world.
4. Following the Tenets of TaeKwonDo:
 - Courtesy
 - Integrity
 - Perseverance
 - Self-Control
 - Indomitable Spirit
5. Finishing what I start with a positive cheerful and caring attitude as befits a student of TaeKwonDo



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When you are patient with others, everybody wins...

There was once a little girl named Susie. Susie always wanted to be first at everything she did, and since she was very fast, she often was.

One day the teacher decided to put all the students into pairs, so that the students could learn to work together as a team. Susie did not like this at all because the teacher paired her with the slowest kid in class, Mary. All week long they were ALWAYS last. Finally at the end of the week, in an effort to be first in line to go play outside Susie pulled Mary along, pushed through a group of her classmates, and ended up falling flat on her face. Embarrassed Susie ran to the bathroom to hide.

When the teacher found Susie she asked, "Susie why are you upset?" Susie answered, "I wanted to be first, but all week long I ended up being last because you paired me with someone who was so slow."

The teacher replied, "Susie I paired you with Mary because I knew you were the fastest kid in the class, and were the best one to teach Mary how to go faster. If you could learn to be patient with Mary I bet you could help her get faster, and together you could have more fun!" Susie answered, "I never thought of that. I just wanted to be first."

So the next week Susie helped Mary run faster, and instead of pulling her along encouraged her to do better, and by the end of the week Susie had made a great new friend. Even though Susie was no longer first at everything, she realized that having a friend was so much better than winning.

Have you ever lost your patience with someone? Who & Why?

Has someone ever lost their patience with you? Who & Why?

What good came out of Susie learning to have patience with Mary?



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Why is it important to be patient with others?

You will often hear from adults that “Patience is a Virtue.” Virtue referring to someone with high moral standards, that is good, respectable, and honorable. So it is no surprise that being patient with others is a part of our Black Belt Code of honor and this weeks Character Lesson. But, why is it important to be patient with others, and what are ways you can learn to be patient?

It is important to understand that being patient with others is not only for the other person, but for yourself as well. Being patient with others gives you the chance to grow as a person by learning a deeper understanding of self control and appreciation for other people. Everyday we are faced with opportunities to show patience. Learning to be patient with others can help you become a happier person, because when you are able to be patient with others you are less likely to get frustrated and upset with others.

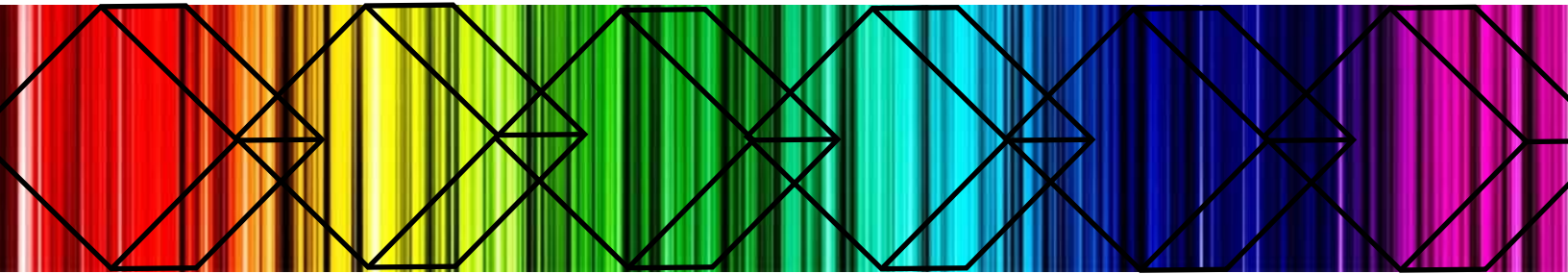
Practice patience by taking a step back from the situation that is frustrating you take a deep breath, and try to find a healthy resolution rather than getting upset. By learning to look at the big picture you may just learn something about yourself that you never knew, and gain a new friend in the process.

Three Healthy Steps to becoming a more patient person:

- 1. When faced with a potentially negative situation, take a step back before responding and consider all the details of the situation.**
- 2. Try to find a positive resolution without getting frustrated**
- 3. If you cannot work out a more positive resolution ask for someone (a parent or teacher) to help you resolve the situation.**
- 4. Never respond with anger or violence as it never improves an already negative situation.**



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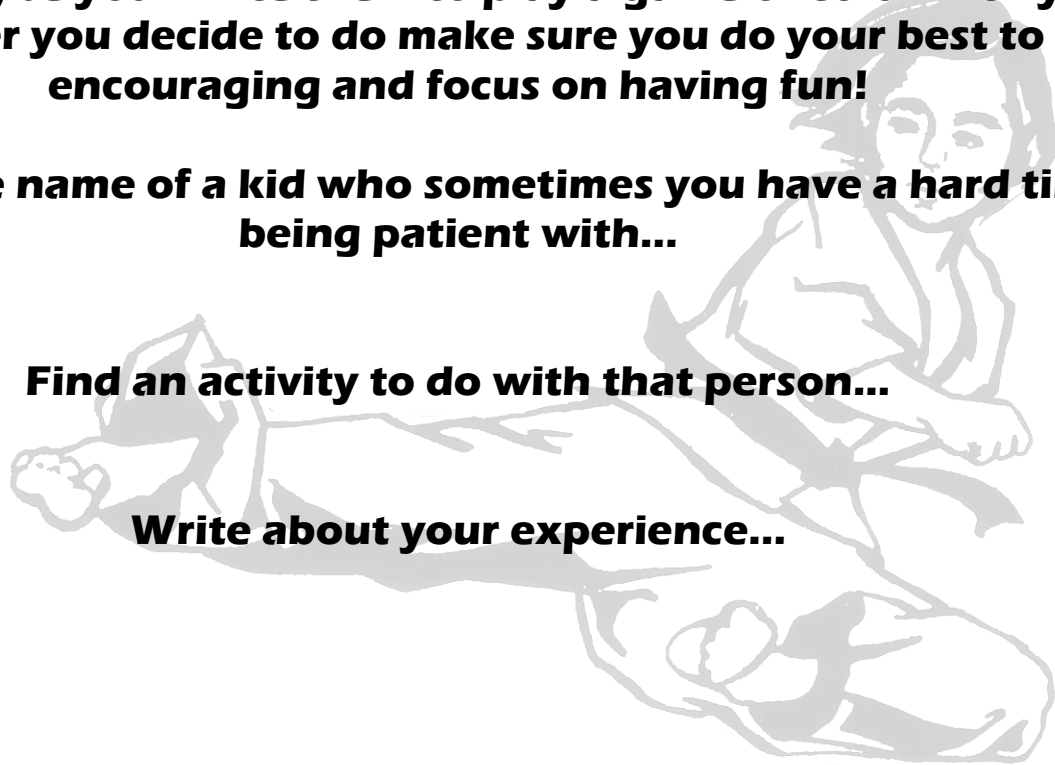
Take Action

This week pick one person that you have a hard time being patient with, and find a way to have a positive interaction with them. Maybe you invite them to play a game or color with you. Whatever you decide to do make sure you do your best to be encouraging and focus on having fun!

Write the name of a kid who sometimes you have a hard time being patient with...

Find an activity to do with that person...

Write about your experience...



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Grandmaster H.K. Lee Academy of TaeKwonDo

“YES, I’M A GOOD KID” PROGRESS FORM

Every student should show responsibility in their daily life in order to bring only honor upon TaeKwonDo, their family and themselves. A student must always do the best they can. This form must be turned in with each rank promotion exam form or at the end of each camp week, when the child is under the age of 16.

Parents, please complete ☹ to: 😊 Happy, 😐 Satisfied, or ☹ Unhappy

How I take care of me (discipline)		1st	2nd	3rd	4th	5th	6th	7th	8th	9th	Final
1.	Brush Teeth	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
2.	Take a bath/shower and/or wash face and hands	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
3.	Make bed	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
4.	Put clothes away	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
5.	Put away all personal belongings	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
6.	Eat good food	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
7.		☹	☹	☹	☹	☹	☹	☹	☹	☹	☹

How I’m doing for the family (respect & love)		1st	2nd	3rd	4th	5th	6th	7th	8th	9th	Final
1.	Listen and follow parent’s direction	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
2.	Share and cooperate with brothers and sisters	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
3.	Clean up table after meals and snacks	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
4.	Put away all dirty clothes in the laundry	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
5.	Take out the trash	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
6.	Feed and care for pets	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
7.		☹	☹	☹	☹	☹	☹	☹	☹	☹	☹

How I’m doing with schoolwork and TKD training (responsibility)		1st	2nd	3rd	4th	5th	6th	7th	8th	9th	Final
1.	Complete homework	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
2.	Receive positive comment(s) from teacher(s)	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
3.	Practice basic stretching and conditioning	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
4.	Practice forms	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
5.	Practice self-control	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
6.	Practice positive attitude	☹	☹	☹	☹	☹	☹	☹	☹	☹	☹
7.		☹	☹	☹	☹	☹	☹	☹	☹	☹	☹

* Blank lines may be used for individual family responsibilities
 * Please use the reverse side of this form to make any recommendations

Master’s Evaluation: A B C Needs Special Attention

Name: _____

Age: _____ Gender: _____ Belt: _____ Rank: _____ (Kup or Dan) Date: _____

Approval by Parent: _____ Phone: _____

Field Trip Information

Every week we strive to offer the most exciting and fun field trips and activities for your student. This weeks field trips are sure to please! If you have any additional questions regarding this weeks field trips please let us know. Please send your student everyday with their uniform, a change of clothing and the additional items listed below. Thank you!



Getting Crafty—Crystal Shapes:

It's time to get creative! This week's Craft is all about sand! We will be playing with colors to see how creative we can be! *****Today your student will need their imagination!**

Park Day:

Park days are a part of our program to get your student active, energized, and outdoors. We are proud Park Sponsors of "Haley Smith Park", so that is our park of choice, however, we may vary parks each week, but always try to accommodate students desires for soccer fields, basketball courts and fun playgrounds! *****Today your student should wear Sneakers, Sun Screen & their Camp t-shirt.**

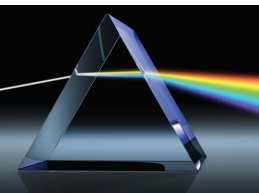


Laser Tag:

In the spirit of our stem project we will be showing students how light can be fun! This field trip needs no explanation. *****Today your student will need their camp t-shirt, and extra lunch food to share with the masters and others.**

Pool Day & Taekwondo Water Training:

On pool days we take a refreshing dip in the pool, and since we already know your student loves Tae Kwon Do, we incorporate Water Taekwondo training into our pool day fun! Kids enjoy time at the pool, a refreshing snack provided by Grandmaster H.K. Lee and an exciting new way to practice Taekwondo! *****Today your student will need their camp t-shirt, a swimsuit, towel, sunscreen and plastic bag for wet clothing.**



STEM Activity—Prisms and the study of light:

Today we will be studying light. Light is everywhere, and so much of what we see has to do with light and how it affects the space around us. *****Today your student will need their camp t-shirt. A pizza lunch will be provided by Grandmaster Lee today.**



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H.K. Lee Academy of TaeKwonDo

CHILDRENS' SUMMER CAMP SCHEDULE*

July 10—14, 2017

Monday (7/10)

7:00am/7:30am	Extended Early Drop-off (Pre-arranged \$)
8:00 am	Drop-off children at your convenience (no later than 9:55 am) Change into TaeKwonDo Uniform, Games, Physical Activity, Quiet Activity, or Movie
10:00 am	Camp Begins; Roll Call, Divide into teams, Learn Schedule, Rules & Regulations and Team work practice
10:15 am	Personal Conduct Program (Your Integrity) & Confidence Building Drill ("Who Am I" & "I will become the best I can be")
10:30 am	Learn TaeKwonDo customs and proper basic techniques training
11:30 am	Outdoor Play (Weather Permitting)
12:30 pm	Lunch and Rest; supervised free time
1:30 pm	Camp Activity: Arts & Crafts— Crystal Shapes
2:45 pm	TaeKwonDo (Divide by levels),
3:55 pm	Clean-up, Announcements & Team Building Activities
4:00 pm	TaeKwonDo camp ends; Fun & Games, Quiet Activities or Movie until parents pick-up, No Later than 6:00 pm

Tuesday (7/11)

7:00am/7:30am	Extended Early Drop-off (Pre-arranged \$)
8:00 am	Drop-off children at your convenience (no later than 9:55 am) Change into TaeKwonDo Uniform, Games, Physical Activity, Quiet Activity, or Movie
10:00 am	Camp Begins; Roll Call, Divide into teams, and Team work practice
10:15 am	TaeKwonDo (Divide by Levels)
11:30 am	Outdoor Play (Weather Permitting)
12:30 pm	Lunch and Rest
1:00 pm	Field Trip to the Haley Smith Park—Sponsored by H.K. Lee TaeKwonDo
2:45 pm	Movie Style Sparring
3:55 pm	Clean-up, Announcements & Team Building Activities
4:00 pm	TaeKwonDo camp ends; Fun & Games, Quiet Activities or Movie until parents pick-up, No Later than 6:00 pm

Wednesday (7/12)

7:00am/7:30am	Extended Early Drop-off (Pre-arranged \$)
8:00 am	Drop-off children at your convenience (no later than 9:55 am) Change into TaeKwonDo Uniform, Games, Physical Activity, Quiet Activity, or Movie
10:00 am	Camp Begins; Roll Call, Divide into teams, and Team work practice
10:15 am	Olympic-style sparing strategy and footwork
11:30 am	Outdoor Play (Weather Permitting)
12:30 pm	Lunch and Rest; (Pack your lunch with more than enough to share with the Masters & Others)
1:00 pm	Field Trip to Laser Tag
3:55 pm	Return to Dojang; Clean-up, Announcements & Team Building Activities
4:00 pm	TaeKwonDo camp ends; Fun & Games, Quiet Activities or Movie until parents pick-up, No Later than 6:00 pm

Thursday (7/13)

7:00am/7:30am	Extended Early Drop-off (Pre-arranged \$)
8:00 am	Drop-off children at your convenience (no later than 9:55 am) Change into TaeKwonDo Uniform, Games, Physical Activity, Quiet Activity, or Movie
10:00 am	Camp Begins; Roll Call, Divide into teams, and Team work practice
10:15 am	TaeKwonDo (Divide by Levels)
11:30 am	Outdoor Play (Weather Permitting)
12:30 pm	Lunch and Rest
1:00 pm	Field Trip to Pool for Water TaeKwonDo Training*
3:55 pm	Return to Dojang; Clean-up, Announcements & Team Building Activities
4:00 pm	TaeKwonDo camp ends; Fun & Games, Quiet Activities or Movie until parents pick-up, No Later than 6:00 pm

Friday (7/14)

7:00am/7:30am	Extended Early Drop-off (Pre-arranged \$)
8:00 am	Drop-off children at your convenience (no later than 9:55 am) Change into TaeKwonDo Uniform, Games, Physical Activity, Quiet Activity, or Movie
10:00 am	Camp Begins; Roll Call, Divide into teams, and Team work practice
10:15 am	TaeKwonDo (Divide by Levels)
11:30 am	Outdoor Play (Weather Permitting)
12:30 pm	Lunch and Rest (Today a pizza lunch will be provided by Grandmaster Lee)
1:30 pm	Camp Activity: STEM Project-Prisms and the Study of Light
2:45 pm	TaeKwonDo lesson, demonstration skills (Ho Sin Sool, rolling and falling, joint locking Techniques, etc.) and board-breaking practice
3:55 pm	Clean-up, Announcements & Team Building Activities
4:00 pm	TaeKwonDo camp ends; Fun & Games, Quiet Activities or Movie until parents pick-up, No Later than 6:00 pm

* Schedule is subject to change due to availability and weather conditions

