

# Summer Camp 2023



## Intensive Taekwondo Training

Extra training and in-depth learning during summer break

What to bring:

- **Lunch, snack, drinks/water, Do-Bok, belt, sparring gear(if you have one), change of clothes, running shoes**

1

JULY 3TH~  
JULY 7TH

9am~4pm

2

JULY 17~  
JULY 21

9am~4pm

3

JULY 31~  
AUGUST 4TH

9am~4pm

4

AUGUST 14~  
AUGUST 18

9am~4pm



### Sparring

Rules, skills,  
techniques, strategy



### Poomsae/Pattern

Own level training,  
practice precision,  
pace making,  
stance, punching,  
kicking, steps



**Team work  
training**

## Sample schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:30~ 9:00am Welcome to JSC Training camp/ Check-ins/ circle time	8:30~ 9:00am Welcome back to JSC Training camp	8:30~ 9:00am Welcome back to JSC Training camp	8:30~ 9:00am Welcome back to JSC Training camp	8:30~ 9:00am Welcome back to JSC Training camp
9:00~ 10:00am Warm-up, Cardio training	9:00~ 10:00am Warm-up, Cardio training	9:00~ 10:00am Warm-up, Cardio training	9:00~ 10:00am Warm-up, Cardio training	9:00~ 10:00am Warm-up, Cardio training
10am~ 10:15am Break	10am~ 10:15am Break	10am~ 10:15am Break	10am~ 10:15am Break	10am~ 10:15am Break
10:15~11:00am Cardio and strengthening	10:15~ 12:00pm Outdoor activity (e.g. Splash park, trail hiking, etc.)	10:15~11:00am Cardio and strengthening	10:15~ 12:00pm Outdoor activity (e.g. Splash park, trail hiking, etc.)	10:15~11:00am Cardio and strengthening
11:00am~ 12:00pm Poomsae practice	12:00~ 1:00pm Lunch time	11:00am~ 12:00pm Poomsae practice	12:00~ 1:00pm Lunch time	11:00am~ 12:00pm Poomsae practice
12:00~ 1:00pm Lunch time	12:00~ 1:00pm Lunch time	12:00~ 1:00pm Lunch time	12:00~ 1:00pm Lunch time	12:00~ 1:00pm Lunch time
1:00~ 2:00pm Group training for PoomSae and Sparring (team training)	1:00~2:30pm Continue with outdoor activity	1:00~ 2:00pm Group training for PoomSae and Sparring (team training)	1:00~2:30pm Continue wictivity	1:00~ 2:00pm Group training for PoomSae and Sparring (team training)
2:00~3:30pm Competition practice/ Contact Sparring	2:30~3:00pm Coming back to JSC	2:00~3:30pm Competition practice/ Contact Sparring	2:30~3:30pm Coming back to JSC	2:00~3:30pm Competition practice/ Contact Sparring
3:30~ 4:00pm Clean-up, Pick-up	3:30~ 4:00pm Clean-up, Pick-up	3:30~ 4:00pm Clean-up, Pick-up	3:30~ 4:00pm Clean-up, Pick-up	3:30~ 4:00pm Clean-up, Pick-up

### Contacts:

**masterjjpark@gmail.com**

**403)978-6960**

**jsctkd.com**

## PRICE

### Regular/non-member Price:

**One week: \$339.98+GST =\$356.98**

### Member Price:

**One week: \$239.50 +GST= \$251.48**

**2nd child gets 15%off (\$218.67 incl. GST)**

