

# Summer Camp 2024



**Sparring**  
Rules, skills,  
techniques, strategy



**Poomsae/Pattern**  
Individualized level  
training, practice  
precision, pace  
making, stance,  
punching, kicking,  
steps

## 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 8~  
JULY 12

9am~3pm

**Members only**

2

JULY 22~  
JULY 26

9am~3pm

**Members only**

3

AUGUST 6~9

HP only

**\$150 per week**

9am~3pm

4

AUG 19~23

9AM~3PM

Members &

Non-Members



**Team work  
training**

## Sample schedule

Contacts:

[masterjjpark@gmail.com](mailto:masterjjpark@gmail.com)

403)978-6960

[jsctkd.com](http://jsctkd.com)

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <b>9:00am</b><br>Arrival time<br>Check-in<br>Welcome!<br>Circle time | <b>9:00am</b><br>Arrival time<br>Check-in<br>Welcome!<br>Circle time                       | <b>9:00am</b><br>Arrival time<br>Check-in<br>Welcome!<br>Circle time | <b>9:00am</b><br>Arrival time<br>Check-in<br>Welcome!<br>Circle time                       | <b>9:00am</b><br>Arrival time<br>Check-in<br>Welcome!<br>Circle time |
| <b>9:00am-10am</b><br>Warm-up<br>Stretching<br>Cardio training       | <b>9:00am-10am</b><br>Warm-up<br>Stretching<br>Cardio training                             | <b>9:00am-10am</b><br>Warm-up<br>Stretching<br>Cardio training       | <b>9:00am-10am</b><br>Warm-up<br>Stretching<br>Cardio training                             | <b>9:00am-10am</b><br>Warm-up<br>Stretching<br>Cardio training       |
| <b>10am-10:30am</b><br>Break<br>Snack time                           | <b>10-10:15am</b><br>Snack time  | <b>10am-10:30am</b><br>Break<br>Snack time                           | <b>10-10:15am</b><br>Snack time  | <b>10am-10:30am</b><br>Break<br>Snack time                           |
| <b>10:30-11:00am</b><br>Cardio<br>Strengthening                      | <b>10:15-12 noon</b><br>Outdoor<br>Activity<br><br>(E.g Splash pad, trail<br>hiking, etc.) | <b>10:30-11:00am</b><br>Cardio<br>Strengthening                      | <b>10:15-12 noon</b><br>Outdoor<br>Activity<br><br>(E.g Splash pad, trail<br>hiking, etc.) | <b>10:30-11:00am</b><br>Cardio<br>Strengthening                      |
| <b>11:00am-12:00pm</b><br>Poomsae<br>Practice                        |  | <b>11:00am-12:00pm</b><br>Poomsae<br>Practice                        |  | <b>11:00am-12:00pm</b><br>Poomsae<br>Practice                        |
| <b>12:00noon- 1:00pm</b><br><br>Lunch time                           | <b>12:00-2:00pm</b><br>Lunch time  | <b>12:00noon- 1:00pm</b><br><br>Lunch time                           | <b>12:00-2:00pm</b><br>Lunch time  | <b>12:00noon- 1:00pm</b><br><br>Lunch time                           |
| <b>1:00pm-2:00pm</b><br>Team work training                           | <b>2:00-2:30pm</b><br>Coming back to Club  | <b>1:00pm-2:00pm</b><br>Team work training                           | <b>2:00-2:30pm</b><br>Coming back to Club  | <b>1:00pm-2:00pm</b><br>Team work training                           |
| <b>2:00-3:00pm</b><br>Sparring<br>Tournament practice                | <b>2:30-3:00pm</b><br>Clean-up<br>Pack up  | <b>2:00-3:00pm</b><br>Sparring<br>Tournament practice                | <b>2:00-3:00pm</b><br>Sparring<br>Tournament practice                                      | <b>2:00-3:00pm</b><br>Sparring<br>Tournament practice                |
| <b>3:00pm</b><br>Clean-up<br>Pick up time                            | <b>3:00pm</b><br>Clean-up<br>Pick up time  | <b>3:00pm</b><br>Clean-up<br>Pick up time                            | <b>3:00pm</b><br>Clean-up<br>Pick up time  | <b>3:00pm</b><br>Clean-up<br>Pick up time                            |

### Member Price:

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

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

\*\*Regular/non-member Price:

One week: \$379.98+GST = \$398.98

