

# DISCIPLINE CAMP 2026

FRIDAY, July 24<sup>TH</sup> – SATURDAY, July 25<sup>TH</sup>



I would like to spend this special time with all the Stone Mountain Taekwondo Academy students so that I may share my knowledge with them. This used to be a yearly occurrence with my Grand Master when I was a student and it is my honor to carry on the tradition.

I strongly believe that this two-day seminar will help you improve all your techniques, build self-confidence, self-discipline, and help you achieve a better direction in your life!

- \* Improve Your Technique
- \* Increase Self-Confidence
- \* Learn Self-Defense
- \* Develop Discipline

### Requirements

1. Uniform (Do Bohk)
2. Personal Supplies
3. Sleeping Bag
4. Camp Fee: \$129
5. Running Shoes

### Cost Includes

1. Special Instruction
2. Snack
3. Breakfast
4. Lunch (Don Pan)
5. Breaking Materials
6. Belt Testing
7. Limited Edition Shirt

Preferred Tshirt Size: \_\_\_\_\_  
(preference given in order of sign-up based on availability)  
(only 10 available in each size. First-come first-serve)



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Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Apt./Unit: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

\_\_\_\_\_  
Parent or Student Signature



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## SCHEDULE OF EVENTS

### Students Must Arrive by 7:00pm

#### Friday, July 24<sup>th</sup>

6:00 – 7:00pm	-	Students Arrive (Students MUST arrive before 7)
7:30 – 8:00pm	-	Welcome Ceremony, Organization, & Warm-Up
8:00 – 8:30pm	-	Meditation & Breathing Clinic
8:30 – 9:00pm	-	Basic and Advanced Kicking Techniques
9:00 – 10:00pm	-	Poomse (Form) Training
10:00 – 11:00	-	Middle Stick Training
11:00 – 12:00	-	Self Defense Training (One-Step Sparring, Knife Defense, & Hapkido)
12:00 – 12:30	-	Snack
12:30 – 1:00am	-	Brush Teeth and Prepare for Sleep
1:00 – 7:00am	-	Sleep!

#### Saturday, July 25<sup>th</sup>

7:00 – 7:30am	-	Wake Up, Brush Teeth, Wash Face, Etc.
7:30 – 8:00am	-	Outdoor Jog
8:00 – 8:30am	-	Breakfast
8:30 – 9:00am	-	History & Philosophy of Martial Arts
9:00 – 10:00am	-	Exhibition Theory (Breaking Techniques)
10:00 – 11:00	-	<b>Belt Test</b> (Parents May Attend if They'd Like)
11:00 – 12:00	-	Sparring Theory & Practice
12:00 – 2:00pm	-	Lunch Time
2:00 – 3:00pm	-	Special Weapons Training
3:00 – 4:00pm	-	Exhibition Practice
4:00 – 5:00pm	-	Exhibition and Expression of Appreciation to Parents

*\*This Schedule is Tentative and Subject to Change*



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Scan here for more info



# LUNCH - DON PAN

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STUDENT NAME: \_\_\_\_\_

Please select one from each category

Protein:

- Ham
- Turkey
- No Meat

Toppings:

- Cheese
- Mayonnaise
- Mustard
- Lettuce
- Tomato
- Onion

Side:

- Pandebono
- Tequeño

Drink:

- Water
- Coke
- Sprite
- Mango Juice
- Passion Fruit Juice

Any Dietary Restrictions:

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