



# World Tang Soo Do Association Region 9 ADULT Black Belt Camp Guide



Welcome! This manual includes information that will be helpful for you in preparation for our Black Belt Camp. If you have any additional questions or concerns, please contact your instructor. This guide is intended to present you with as much information as possible to best prepare everyone for camp.

## What will I do at Camp?

Each camper will participate in training events geared towards enhancing their Tang Soo Do education. Hour long clinics occur throughout the camp and range from clinics on Hyung (forms) as learned in class at your local Dojang to specialty clinics on things such as sword one-steps or escrima sticks. The specialty clinics vary from year-to-year so campers should consult the registration form for this year's planned activities. Each camper will also participate in lectures designed to augment their understanding of the Code of Conduct of a Black Belt, the annual camp theme and the goals of Tang Soo Do - betterment of one's mind, body and spirit.

Each camper will have a limited amount of free time to socialize with the other campers and get to know students from other dojangs. Each day starts early - at 7:00 AM; instruction ends at 9:00 pm.

## Conduct at Camp

We work to maintain an atmosphere of mutual caring, respect and understanding at the camp. Proper participation and conduct by each camper is expected and includes, but is not limited to the following rules:

- Respect others feelings and property
- Cooperate with each other
- Listen to your instructors and assistants
- No fighting, yelling or cursing
- Tell an instructor if someone/something is bothering or upsetting you
- Clean up after yourself

Conflicts and problems are rare. Behavioral redirection is seen as an opportunity for learning and approached accordingly. **However, if a camper continually disrupts the program or poses a safety risk to himself/herself or others, the WTSDA reserves the right to suspend and/or dismiss the camper from the camp without reimbursement.**

## Weather Conditions

Weather can be unpredictable. Evenings may be cool. Each camper should have warm clothes and heavy enough sleeping equipment to allow for cool evenings. Alternatively, in warmer weather, campers should be prepared with light clothes (and maybe even a fan) as the dorms are not air-conditioned. Additionally, an extra change of clothes and extra Do Bohk is a good idea in case of rain. Activities will take place rain or shine. While every effort will be made to keep the students dry, a sudden rain cloud could make for a wet

camper. In such a case, an extra change of clothes is recommended.

## Medical Information

Each camp has a medical staff on site in case of an injury or emergency. The provision of insurance information is required in the rare event that a camper needs medical attention beyond that which is provided on site. In such an event, the camper's own insurance information will be provided to the care provider.

Each camper who uses any medication, prescription or non-prescription, must ensure that they bring enough to camp for their entire stay. All medications must be in their **original containers**.

Individual campers may hold emergency medications, such as heart medication, inhalers and bee sting pens. Make sure someone at camp knows of any potential medical difficulties to help in case of emergency.

Please also note on the camp application if you have any allergies. If you have a food allergy, arrangements can be made with the dining staff with advance notice. Please provide a list of what you can eat as well as a list of what you cannot eat along with the camp applications.

Remember in order to ensure that each instructor is familiar with your medical requirements all important information must be disclosed on the camp application. This information will not be shared unless necessary.

The WTSDA does not carry medical insurance for campers while attending camp. Please review your own health insurance plan to be certain that you have proper coverage. In the event you need medical assistance from a medical facility, you and your medical insurance provider will be responsible for such costs. Make sure you have a copy of proof of insurance while at camp for the weekend. In the event of illness or injury where you cannot continue to participate in the weekend's events you will be allowed to leave after informing the regional or camp director.

## Camp Information

The Region 9 Adult Black Belt Camp will be held at **Post University, 800 Country Club Road Waterbury, CT 06708**. You will start classroom instruction at 7:00 pm after registration. There will be no dinner provided; however there will be a snacks (pizza, chicken, fruit, etc.) available at about 9:00 pm.

## Qualifications of Counselors and Instructors

**In order to teach in the World Tang Soo Do Association, instructors are required to pass an Instructor's Certification program. Furthermore, instructors participate in regularly scheduled instructor classes, training camps and seminars.**

**Studio and club owners are also required to undergo a criminal background check and child abuse clearance. Each studio and club owner must submit a copy of their criminal background check (and child abuse clearance if it is a separate process in their state) from their state of primary residence 60 days before the start of camp. This allows the WTSDA to review the background information provided. Studio owners who have incidents in their background that would impact their ability to provide a safe environment for you will not be permitted to attend a youth camp.**

## Registration and Fees

As stated in the camp application, all campers must be registered by the deadlines noted on the application. Please follow the directions on the application to ensure you are registered properly. The fees include lodging and the following meals: Friday evening snack; Saturday - breakfast, lunch, dinner; Sunday - breakfast, lunch.

## Frequently Asked Questions

Q. What do I need to bring?

A. You need all toiletries and clothing for a weekend away from home. Campers will also need all uniforms (Do Bohks) and equipment for a weekend of martial arts training (including staffs, training knives where appropriate). Campers need to bring sleeping equipment (sheets, blankets, sleeping bags, pillows, etc.) for use in the dorms. A suggested checklist of items to bring is included at the end of this guide.

Q. What if I forget to bring something?

A. Instructors/counselors and other campers can usually provide extras of most items. However, each camper should take care to use a checklist when preparing for camp to make sure they remember items that are specific and particular to each camper.

Q. What time do I arrive?

A. Check-in is Friday between 4 and 6:30 pm. You will sign in at the registration table where you will be given your room assignment so you can then unload your stuff into your room. No Room Keys are provided. Do not bring Valuables. Any questions or concerns should be addressed to the counselor at the registration table. You should plan to allow enough time to complete the moving in process before class instruction starts at 7:00 pm.

Q. What day is camp over?

A. Camp is over on Sunday. Campers may leave after lunch is finished and they have cleaned, packed their room and checked out with the registration table. **ALL ROOMS MUST BE CHECKED BEFORE STUDENT LEAVES.** Check out starts at about 1:30.

Q. What if I am running late?

A. If for some reason you are running late and cannot make alternative arrangements you must:  
1. Call the Regional Director (Master Valentin) or Camp Director (Master Farrelly):  
Master Valentin 203-537-3071; Master Farrelly 203-217-7987.  
2. Provide an estimate as to how late you will be so that proper arrangements may be made.

Q. What do I do if I have special needs (medical, dietary)?

A. Please note on the camp application any special needs, including the need for medication, special medical attention or dietary restrictions. In the case of dietary restrictions, please provide both what

you can and cannot consume in advance with the camp application.

Q. What medical information do I need to provide?

A. As mentioned earlier, please list any information that might impact the way a staff member should treat you in a medical emergency. This includes medical conditions and/or disorders, prescription and non-prescription medications taken, allergies, and any other information you believe is important.

Q. What if I get sick or injured?

A. Each camp has medical personnel on location. In the event of a minor injury (scraped knees, etc.) where treatment can be administered by such staff, it will be administered. In the event of a more severe incident requiring additional attention, appropriate medical staff at a local hospital or treatment center will see to you.

Q. What if the weather is bad?

A. Most activities take place rain or shine. There are indoor facilities to accommodate most activities in the event of rain. While bad weather may cause the schedule to be modified, you should be prepared for any weather event. Rain gear, additional changes of clothes, clothes for warm and cool weather should all be included in what you bring to camp.

Q. What are the sleeping quarters like?

A. Students will be staying in college type dorms room. These rooms are usually two person rooms. Each floor has its own bathroom and shower facilities.

Q. Should I bring any food or drinks?

A. Meals will be provided by the camp. However, campers may enjoy having a few snacks between activities and in the evening. As the activities are all athletic in nature, it is recommended that such snacks be healthy ones. You may enjoy having your own supply of water or Gatorade (or similar) in addition to the drinks provided by the camp.

### **Insurance and General Liability Information**

By signing the Region 9 Clinic Registration Form, you hereby agree to the following:

**GENERAL RELEASE:** I hereby agree for myself and/or my child (or children, as the case may be) and our respective heirs, assigns and legal representatives, to indemnify, defend and hold the (i) World Tang Soo Do Association (WTSDA) and its officers, directors, board members, employees, volunteers, agents, independent contractors, instructors, counselors, participating studios, regional director(s), (ii) other participants and (iii) Post University (collectively, the "Staff") harmless from any and all claims and causes of action of any nature for any and all personal injury or illness, including, but not limited to death, which may occur to me and/or my child or which may be aggravated during or by any activity during the course of the program in which I have decided to allow myself and/or my child to engage. I further waive any and all claims or causes of action, which I and/or my child may now or hereafter have against the Staff which may at any time arise directly or indirectly related to my and/or my child's participation in the program. I further expressly understand and agree the foregoing indemnity, release and waiver is intended to be as broad and inclusive as permitted by the Laws of the State of Connecticut and that if any portion thereof is held invalid, illegal or unenforceable, it is agreed that the balance shall, notwithstanding, continue in full force and effect.

**ASSUMPTION OF RISK:** I, individually and/or on behalf of any minor child, expressly and specifically assume any and all risk of injury, illness, death or property damage resulting from my Tang Soo Do (TSD) activities. Further, I, individually and on behalf of my minor child, understand that TSD

activities are strenuous and dangerous and should be engaged in only by persons in good health. I understand that I should consult a physician before enrolling myself and/or my child in the TSD program. I understand the risks involved and accept all of the risks.

**MEDICAL RELEASE:** I, individually and/or on behalf of any minor child, further hereby release the Staff from any claim whatsoever which may arise as a result of any first aid, treatment or services or assistance provided to me in connection with any injury that arises from activities at Region 9 Youth Clinic. I take full responsibility for my and my child(s) welfare and safety during TSD or TSD related activities. I hereby give permission for emergency medical treatment to be administered as deemed appropriate.

**INSURANCE:** I understand that I am expected to have my own health insurance to cover me and my child. I understand that the WTSDA does not carry insurance to cover injuries and losses that may befall me and/or my child. I understand and agree that should medical attention be required, I and/or my insurance provider shall be responsible for all costs associated with such medical attention.

**PHOTOGRAPHIC RELEASE:** I consent on behalf of myself and my minor child, to be photographed and to allow WTSDA to use any or all photos of myself and/or my minor child at its sole discretion.

**RULE ACKNOWLEDGEMENT:** I understand that myself and my minor child are required to obey all rules and regulations governing this seminar and failure to do so may result in me and/or my child's expulsion from this seminar without a refund.

### Camp Packing List

- Do Bohk(s) and belt
- Bong (staff)
- Dan Gum, Jang Gum and any other weapon needed for break-out sessions (such as Nunchucks)
- Notebook and pen for note taking during lectures
- bag to carry stuff around in camp
  
- undergarments
- t-shirts
- casual clothes for evening
- athletic shorts
- socks
- sneakers for working out
- shower shoes
- pants and sweatshirt
- pajamas
  
- pillow
- sleeping bag or twin sheets and blanket(s)
- towels, wash clothes, soap, shampoo
  
- toiletries
- sun block
- medications, if any
  
- drinks (water, sports, etc.)
- snacks
- alarm clock
- cell phone and charger
- fan
- lanyard for anything that must be carried with you