



PARK INSTITUTE-SUMMER CAMP



When: July 19-21, 2019

Where: Ft. McCoy Army Base, Sparta, WI
Pineview Recreation & Campground – Primitive Sites **T8, 9, 10, 11, 12, 13 & 14** (see site map)
2187 South “J” Street, Fort McCoy, Wisconsin
Phone – (608) 388-3517 <https://mccoy.armymwr.com/programs/pine-view-campground>

Report: Friday 2:00 – 5:00 pm to Campsite **T-14**. (see map)
If you come later, you may join in the evening as well (Opening Ceremony @ 8:00 pm)

Cost: \$100/1st student of a family
\$75/Additional Family TKD Member, \$250 maximum per family for TKD participants
\$25/Per Non Activity member (to cover meals/camp site) – no cost, if you have your own site & Meals,
If you wish to bring a camper (RV), reserve & pay for your site by calling Pineview

Meals: Friday night dinner is available 5-7pm.
Saturday – Breakfast, Lunch, and Dinner. Sunday breakfast is on your own
Bring any additional snacks and drinks you wish to have.
(Mess Hall – **Cabin 115** – across Squaw Lake)

Camp Services:

Rest rooms, Showers, Pay phone, Hiking trail, Pop & Ice machines, Swimming beach, Canoe, Paddle Boat and Bike rental available (Bring your own bike if you wish.)

Check List

Camping Needs:

- | | | |
|---------------------------------------|---|-------------------------------------|
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Blankets | <input type="checkbox"/> Tent |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> Umbrella/Rain gear | <input type="checkbox"/> Sun screen |
| <input type="checkbox"/> Plastic Bags | <input type="checkbox"/> Water Bottle | <input type="checkbox"/> Camp Chair |
| <input type="checkbox"/> Flash Light | <input type="checkbox"/> Swim suit | |

Clothing/Personal:

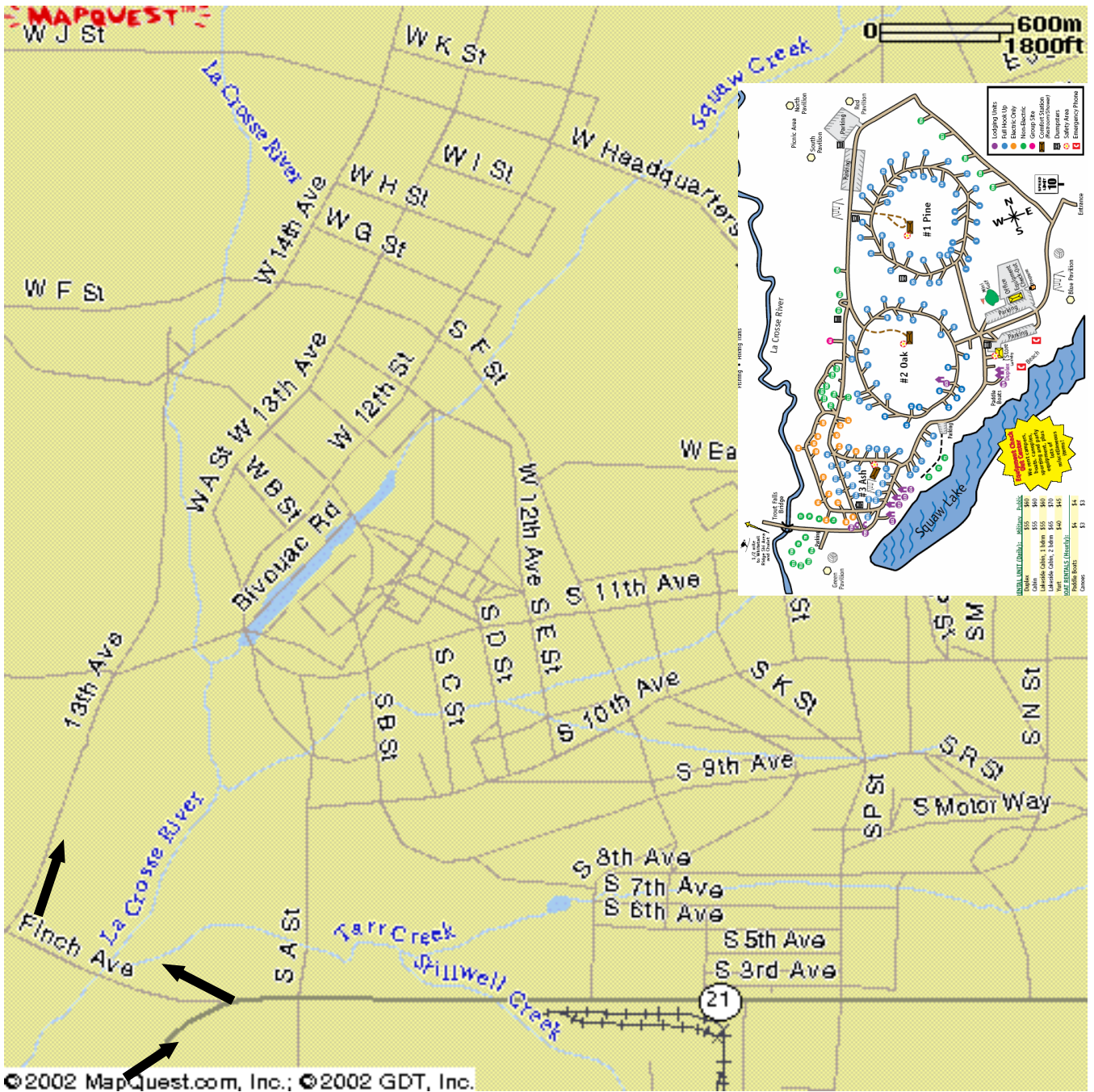
- | | |
|---|---|
| <input type="checkbox"/> TKD Uniform & Gear | <input type="checkbox"/> 2-4 T-shirts |
| <input type="checkbox"/> 2 pairs Jeans & Shorts | <input type="checkbox"/> Light Jacket |
| <input type="checkbox"/> 2 pairs Tennis Shoes | <input type="checkbox"/> Many Towels |
| <input type="checkbox"/> Sweatshirt | <input type="checkbox"/> Personal Hygiene Needs |
| <input type="checkbox"/> Bug Spray | <input type="checkbox"/> Extra money & change |



Miscellaneous:

- Face Blackening for Nite Camouflage
- Dark Sweatshirt & Pants (or camo for night training)
- Jook Do (Bamboo sword) - \$30.00 (if you don't have one)
- BO staff – Bring your own or we will have a limited number for use

All Participants must sign a release form (parent or legal guardian must sign for minor participants and submit to your Instructor ASAP.)



Follow the signs to Pineview from Hwy 21



PARK INSTITUTE SUMMER CAMP SCHEDULE



Friday, July 19, 2019



2:00-3:00pm Arrive at camp and set up
3:00-4:30pm Surprise
4:30-5:00pm Initial team divisions and "activities"
5:00-7:00pm Dinner available...
8:00-9:00pm Welcome, complete the team divisions
9:00-10:00pm Campfire chats
10:00 Quiet time
11:00 Bedtime

Saturday, July 20



7:00-7:30am Get up
7:30-8:00am Dan jun hohup (abdominal breathing)& short hike (wear long pants)
8:00-9:00am Breakfast, meet at designated camp site
9:15-9:30am Warm-up, stretching (wear dobok)
9:30-10:00am Tumbling
10:00-10:30am Basic Jukdo
10:30-12:45 Jukdo, bo staff, Self defense(divide into 3 groups,45 min-each group)
12:45-2:00pm Lunch (meet at designated camp site) Relax
2:15-2:45pm Team demonstrations
2:45-3:45pm Practical taekwondo
4:00-6:00pm Beach and water training (swim suit under dobok)
6:30-8:00pm Supper and relax
8:00pm Camouflage face, bug spray, dark clothing, etc.
8:30pm Meet for Ninja rules
9:00-10:00pm Ninja games
10:15pm Meet and be counted
10:30pm Shower, campfire, social time, relax
11:30pm Good night

Sunday, July 21



7:30am Rise and Shine
7:45am Line up for hiking/dan jun hohup and meditation
8:30am Practice Korean Language
9:00am Closing Ceremony
9:30am optionally fix your own breakfast or pack to go home
10:00am Pack and clean up camp sites

Above schedule are subject to change

You may pack/disassemble tent before meditation session (get up early)



PARK INSTITUTE
Summer Camp Application



Name	Date of Birth m/d/y	TKD Rank
Participant: _____	_____	_____
Additional 1. _____	_____	_____
Family Participant(s)2 _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
Non-Activity Family/ Friend(s) 1. _____	_____	_____
2. _____	_____	_____
Address: _____ City: _____ State: _____ Zip: _____		
Home Phone: (____) _____ Work Phone: (____) _____ Cell Ph:(____) _____		
Email: _____		

Liability Waiver Agreement

The undersigned, in consideration of being given instruction in the Martial Arts of Taekwondo at the Summer Camp during July 19 through 21, 2019, Pineview Recreation & Camp Ground, sponsoring Taekwondo (Martial Arts) schools, Institutes and Academies, namely: **Park Institute of Taekwondo, Inc.** (Grandmaster Kun Y. Park), I/we do hereby irrevocably, personally and of his heirs and assigns, release, indemnify, and hold harmless Fort McCoy, the United States Army, the United States of America, sponsoring Taekwondo schools, institutes, academies and their officers, instructors, personnel, employees, and agents from any and all cause of action that may arise from or in any way be connected with my use of these facilities, including but not limited to claims for personal injury, illness, death, or property damage.

Furthermore, I agree not to initiate suit or any form of litigation or judicial proceeding, or to make any claims of any type, against Fort McCoy, United States Army, the United States of America, sponsoring Taekwondo schools, institutes, academies, their officers, instructors, personnel, employees, or agents, which directly or indirectly relates to or arise from my use of and training at these facilities.

Name: (please print) _____

Signature: _____ Date signed: _____

Parent/guardian Co-sign (if age under 18) _____