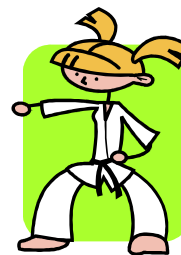


Washington State Poomsae Development Camp



June 13, 2009

Location: Yi Sport Taekwondo
800 23rd Ave. South
Seattle, WA. 98144



W.T.F. Poomsae Development at the Grassroots level
color belts & black belts of all ages welcome.

Session 1:

9:00 AM - 12:00 PM: white, yellow, green, & blue
Poomsae: T-1, 2, 3, 4, & 5

Session 2:

1:00 PM - 4:00 PM: blue, red, & black
Poomsae: T5, 6, 7, 8, Koryo, & Keumgang

*Bring: snack, water, & note-taking material

*All camp attendees please arrive 30 min prior to session

Cost: \$ 20.00 per session / or \$ 35.00 for both

Camp Content:

- Learn WTF Poomsae Standards
- Proper Warm-Up & Cool-Down Techniques
- Pairs & Teams Challenge
- Ring Procedures
- Fun!!!

For more information contact:

Thoa Nguyen phone: 425-221-0298

Christi Burke-Maves phone: 360-600-1313

Washington State Poomsae Camp Application

Name: _____ Phone: _____ Age: _____

Address: _____

School / Coach: _____ Email: _____

Belt Rank: _____

- I will be attending Session 1 = \$20.00
- I will be attending Session 2 = \$20.00
- I will be attending BOTH Sessions = \$35.00

Liability Waiver

I, the undersigned, do hereby voluntarily participate in the Washington State Poomsae Development Camp to be held on June 13, 2009. I assume full responsibility for any and all damages, injuries, death, or losses which I may sustain while participating in this event. I hereby waive all claims against Washington State Taekwondo Assoc, Yi Sport Taekwondo, and including but not limited to, the camp directors, officers, volunteers, staff, and participants for injuries or losses I may sustain. I have read and understand the above waiver.

Signature of Participant Date

Signature of Parent/Guardian (if under 18) Date

Payment

Cash or Money Order made payable to: WA State TKD Assoc.

No personal or business checks please.