



Korean Cultural Centre UK

HIGH PERFORMANCE TAEKWONDO TRAINING CAMP

AUGUST 17th -21st 2009

At

The Windsor boys School

1 Maidenhead Rd, Windsor, Berkshire, SL15EH

9 – 5pm



Cost £50 per week or £12 per day

CALL 07500289425 or E Mail Universaltkdfed@aol.com

A unique chance to take part in an international taekwondo training camp in the Windsor Berkshire a 5 minutes walk from the Castle.

The camp will run from Monday to Friday. With open training session taking place each morning and afternoon.

Training with Master John Webster and Master Mark Sargent. Poomse with Yooran Kim from Korea.

Periodized Training Plan

Each athlete will have a periodized training plan to take back to their personal coach to act as a framework for the 2009/10 competitive training season.

Technical & Tactical Training

We will be looking at technical and tactical drills and how to adapt to the new WTF rules.

Nutritional Program

Material will be covered and specific nutrition protocols delivered. Emphasis will be placed on discussion of competition weight based on body fat percentage and healthy ways to maintain competition weight throughout the competitive season.

Eligibility

The Taekwondo Camp is open to all. You will be split in to groups depending on level and ability.

Location

Windsor Boys School, 1 Maidenhead Rd, Windsor, Berkshire, SL45EH.

Dates and Timings

Monday August 17th – Friday August 21st

Accommodation

A list of local accommodation is available at www.travelodge.co.uk , www.millenniumhotels.co.uk , www.datchetmeadhotel.co.uk

Daily Training Schedule (Monday-Friday) Sample programme only

9:00 am – 9:45 am TRAINING SESSION #1 (Aerobic and Flexibility)

9:45 am – 10:00 am BREAK

10:00 am – 12:00 am TRAINING SESSION #2 (Technical and tactical sparring)

12:00 am – 1:00 pm LUNCH

1:30 pm – 2:30 pm INFORMATION SEMINARS (Strength and Conditioning)

3:00 pm – 4:30 pm TRAINING SESSION #3 (Technical and Tactical)

4:30 pm – 5:00 pm Analysis and nutrition

Cost is £45 for the week or £ 12 per day.

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|------------------------------------------------|--|
| CLUB NAME | |
| SURNAME | |
| FIRST NAME | |
| GENDER (Male/ Female) | |
| DATE OF BIRTH (DD-MON- YYYY) | |
| SECTION (senior/ junior/ child/ peewee etc) | |
| <u>WEIGHT CATEGORY</u> | |
| BELT | |
| LICENCE NUMBER & EXPIRY DATE | |
| STUDENTS ADDRESS | |
| INSTRUCTORS NAME | |
| INSTRUCTORS TELEPHONE NUMBER | |
| INSTRUCTORS EMAIL ADDRESS | |
| INSTRUCTORS ADDRESS | |

I clearly understand that it is my responsibility for any injury sustain. I am fit to take part in the seminar and hold a current licence (proof may be requested), and all the above information is correct.

COMPETITORS SIGNATURE: _____

PARENTS / GUARDIANS SIGNATURE (-18): _____ Date _____

Please return the form to John Webster 119 Salt Hill Way, Slough, Berkshire, SL13TX

Cheques payable to JAGUAR TAEKWONDO

