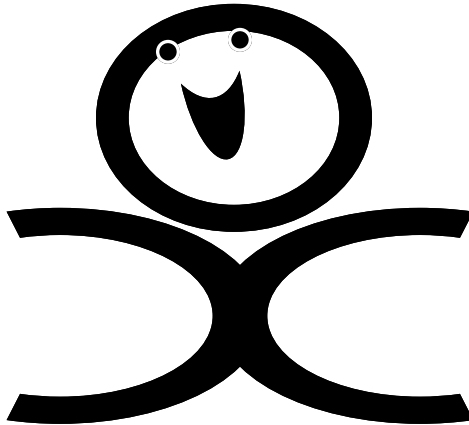




Sangrock Black Belt World Overnight Confidence Camp

What to bring:

- Full Uniform
- Full Sparring Gear
- Weapon (if have one)
- Running Gear
 - Socks
 - Shoes
 - Water Bottle
- Sleeping Gear
 - Sleeping Bag
 - Pillow
 - Pajamas
 - Toiletries
- Notebook & Pen
- A Great Attitude**



Drop-off August 21st 7PM

Pick-up August 22nd 9AM

Schedule:

- 7:00 P - Welcome
- 7:30 P - Poomse
- 8:00 P - Self-Defense
- 8:30 P - Games
- 9:30 P - Sparring
- 10:00 P - Snack time
- 10:30 P - Breaking
- 11:00 P - Ho Sin Sool
- 11:30 A - Weapon
- 12:00 A - Movie/Sleep
- 6:15 A - Wake up
- 6:30 A - Early Workout
- 8:30 A - Breakfast
- 9:00 A - Goodbye

[This schedule is tentative and is subject to minor changes.]

Everyday, kids are faced with challenges that either seem too tough or impossible to overcome; when really, the only challenging part may be gathering enough confidence in themselves to overcome the obstacle. Sangrock's Overnight Confidence Camp is made for just that, to help kids develop high self-esteem and boost their self image, which in turn, helps them to be more successful with their school, friends, and family. Most kids don't learn to have trust in themselves naturally, and it is for that reason why we must help them find the right path to a successful future

Registration: \$35.00 - Includes Snacks and Breakfast
Additional family members receive \$10.00 off the registration fee

I, the undersigned, hereby acknowledge that I am aware of the nature of this activity. I am voluntarily participating in this activity at Sangrock Black Belt World School and I hereby consent to hold Sangrock Black Belt World School free from any and all liability, claims and other actions whatsoever, arising from this activity at Sangrock Black Belt World. I further agree to release Sangrock Black Belt World and its employees, members, or agents from any and all liability for any loss or theft of personal property. In the event of any illness, or other condition, which would require immediate medical assistance, I hereby consent to allow Sangrock Black Belt World and its employees, members, or agents to take such actions as necessary to contract and provide emergency and medical assistance. I hereby consent to assume all financial responsibility for such medical assistance.

I have carefully read this waiver and release agreement and fully understand it is a release of any and all liability, claims, and other actions whatsoever. I also understand that failure to sign this waiver and release agreement will prevent me from participating in this activity and my payment will be refunded.

Student's Name: _____ Current Belt: _____ Age: _____

Emergency Phone: (___) - ___ - _____ Secondary Phone: (___) - ___ - _____ PAID: _____

Parent/Guardian Signature: _____ Date: ___/___/___