

THE FIRST CAMP OF ITS KIND!!
FOCUSED ON SENIOR COMPETITORS 50+



USA Golden Warriors

POOMSAE

Camp 50+

Hosted by:

Grandmaster David J. Turgeon

Former USA National Team Coach
5X US Team Member
International Poomsae Referee



AUG 24-AUG 25

Connecticut Chung Do Kwan Academy

50 Parum Rd. Colchester, CT 06415

Competitors - Coaches - Referees - This camp is for you!

Guest Instructors:

Grandmaster Garth Cooley

Master Ron Southwick

Saturday - 9am - 6pm

Sunday - 9am - 1pm

12 hours of intensive poomsae training
(includes lunch on Saturday)

Early Registration by August 7th-\$250
After August 7th-\$300

For more information please contact:

WWW.CTCDK.COM - (860) 537-6333 EMAIL: CTCDK@COMCAST.NET

This camp is open to any Adult black belt

Coaches and referees are encouraged to attend in order to gain insight and increase their knowledge base!

Learn strategies to maintain, develop and increase flexibility, strength and overall fitness!

Adapted training methodologies for aging athletes

Methods to mitigate common performance deductions

Customized training techniques and periodization schedules

Improve your presentation and develop your ring presence to a world class level!



SCAN ME



August 2024 Registration Form

NAME _____ AGE ____ DATE OF BIRTH _____ SEX ____
ADDRESS _____
CITY _____ STATE ____ ZIP _____ EMAIL _____
HOME PHONE _____ RANK _____ INSTRUCTOR _____
WHERE DO YOU TRAIN? _____

RELEASE OF LIABILITIES

I, _____, agree to accept full responsibility for any and all injuries that I may sustain during this activity. I release the CT Chung Do Kwan, LLC and all members affiliated with aforementioned party from all liabilities. In case of injury and/or an emergency, I would like you to contact:

Mr./Mrs. _____
at this telephone number _____

Date _____ Student's Signature _____

Note: If above student is under 18, the student's parent or guardian must sign below.

I, _____, parent/guardian of the above, agree to the release of liabilities mentioned in the statement above.

FEE: \$250 by August 7th \$300 after August 7th
[] VISA [] Mastercard [] Discover
Card Number _____ 3 digit code from back (_____)

Make Checks payable to:
CT CDK, LLC

Card Holders Name _____
Billing Address _____
Expiration Date ____ / ____ / ____ Phone # (____) _____
Signature _____
Total amount to be charged \$ _____

Please email to ctcdk@comcast.net by August 7th with credit card info or mail to:
CT Chung Do Kwan Academy
50 Parum Rd.
Colchester, CT 06415
For more information call (860) 537-6333

DIRECTIONS
CT CHUNG DO KWAN ACADEMY
50 PARUM RD. COLCHESTER, CT 06415
860-537-6333

FROM ROUTE 2 EAST

Take RT2 East to exit 19 (RT11) . Take the immediate exit off RT11 (exit 6) - Turn left off exit onto Lake Hayward Rd. . Go straight through stop sign and take a left at second stop sign onto Parum Rd. - The CT CDK Academy is the grey building on the left before the next stop sign.

FROM NEW YORK and POINTS WEST

From NY City or South Interstate 95 North to 91 North to Interstate 84 East - Take I84 East to RT2 East (exit 55) and follow instructions above;

FROM MASS and POINTS NORTH

Interstate 91 South to Interstate 84 East . Take I84 East to RT2 East (exit 55) and follow instructions above;

FROM MASS PIKE/BOSTON

Interstate 90 (Mass Pike) to Interstate 84 West - Take I84 West to RT2 east (exit 55) and follow instructions above;

FROM RHODE ISLAND or BOSTON AREA

From 290 or Mass Pike (MA) or Route 6 (RI) take 395 South to Connecticut. Take exit 82 for Route 2 West Towards Hartford. (Take a right at the end of the ramp and follow signs straight - turning left onto Route 2 West) Follow Route 2 west to exit 20 Parum Rd. Turn right and the CT CDK Academy is the grey building on the left before the next stop sign.

HOTEL INFORMATION

Holiday Inn Express -20 Waterchase Drive, Rocky Hill, Connecticut, 06067 - This hotel offers rooms with 2 Double beds or 1 King bed. The hotel also offers Deluxe Breakfast included with your stay and free wifi.

Sleep Inn & Suites - 5 King Arthur Rd. Niantic, CT 06357 860-739-1994 - This hotel offers rooms with 2 Double beds or 1 King bed. The hotel also offers free breakfast and free wifi included.

These are two suggested hotels; there are other hotels in the area that may have better rates. Check for hotels in Glastonbury, Manchester and Rocky Hill area if coming from the Airport, I91 or I84East or West and the town of Norwich if coming from I290, I95 North or Rhode Island.

FOR FURTHER INFORMATION CALL GRAND MASTER TURGEON AT (860) 537-6333