

## ATF TAEKWONDO CAMP CHECKLIST

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| _____ Water Bottle  | _____ Swimsuit   |
| _____ Towels  | _____ Sunscreen lotion                                   |
| _____ Pillow  | _____ Insect Repellent                                   |
| _____ Sleeping bag or sheets and a blanket                                      | _____ Camera & Film                                      |
| _____ Personnel hygiene items: Toothbrush/paste, soap, etc.                     | _____ Ice chest/ice/soda/snacks                          |
| _____ Lots of T-shirts  | _____ Indoor stuff: cards, books, etc.                   |
| _____ Fresh socks and Light Weight tennis shoes                                 | _____ Outdoor stuff: Balls, Frisbee, etc.                |
| _____ Lots of cool fabric workout pants for TKD workouts (no shorts)            | _____ Shorts for free time activities (mid-thigh length) |
| _____ Alarm Clock   | _____ V-Neck uniform (optional)                          |
| _____ 2 clean uniforms & TKD belt (regulation trim & lettering for instructors) | _____ Chest pad (optional)                               |
| _____ Red foam sparring gear, mouth- piece, cup                                 |  |
| _____ Notepad/pen/pencil  | _____ Change for snacks and sodas                        |
| _____ Instructor's ATF manual   | _____ JUNIORS: Foam Nunchakus                            |
| _____ Adults: 2 – 26" sticks  |  |

### **CAM RULES**

1. Grand Master Chung will be inspecting the rooms throughout the camp. Keep you room clean!
2. All campers are to abide by the tenets of Taekwondo in a positive manner.
3. Shirt and shoes must be worn outside. Long pants must be worn for Taekwondo workouts.
4. No wondering in unauthorized areas.
5. No littering.

6. Campers must respect others and remain quiet after lights out.
7. Anyone not feeling well should contact any staff member or adult immediately.
8. All campers must attend dining hall during meal times.