



World Tang Soo Do Association Region #5 Black Belt Camp Adult Participant Guide



Welcome! This manual includes information that will be helpful for in preparing for Black Belt Camp. If you have any additional questions or concerns, please contact your instructor. This guide is intended to present you with as much information as possible to best prepare everyone for camp.

Why must I attend Dan Camp?

The World Tang Soo Do Association is committed to a high level of achievement when awarding a Black Belt to its members. For this reason, attendance of Dan Camp is required to test for Black Belt, and to maintain standing as an active Black Belt. The Association's three mottos given by the late Grandmaster Jae Chul Shin are traditionalism, professionalism, and brotherhood. Dan camp was designed to maintain and instill these values in our Black Belts. Dan Camp allows students to meet and interact with a number of instructors from around the region and world-renowned instructors from around the Association.

Training with others from outside your own school can be intimidating for some but will bring insight and perspective not available by training in familiar settings. The experience will foster your leadership potential, physical skills, and can create life long friendships.

Students who are already Black Belts can easily fall into comfortable training routines, Dan Camp is a unique opportunity to train with other of similar or advanced ability and renew their passion for the Art of Tang Soo Do. Many students make breakthroughs at, or soon after camp, from being re-engaged in the path towards becoming Master- our ultimate goal.

Finally, Dan camp is an opportunity for Instructors, from around the region, to become familiar with Dan candidate's attitude, behavior, and physical ability prior to testing for their Black Belt, or higher rank. The Association is committed to testing Black Belts on a regional level, where a panel of instructors from around the region evaluate each candidate. Being familiar with each candidate's Tang Soo Do journey helps the panel evaluate the challenges that candidate has overcome along their path to Black Belt, and if they have reached their potential.

What will I do at Camp?

Each camper will participate in training events geared towards enhancing their Tang Soo Do education. Hour long clinics occur throughout the camp and range in topic from clinics on Hyung (forms) as learned in class at your local Dojang to specialty clinics on things such as sword one-steps or escrima sticks. The specialty clinics vary from year-to-year so check this year's planned activities. Each camper will also participate in lectures designed to augment their understanding of the Code of Conduct of a Black Belt, the annual camp theme and the goals of Tang Soo Do – betterment of one's mind, body and spirit.

In addition to martial arts skills, students will participate in team building activities, as well as fun activities like rock climbing or swimming. The inclusion of such non-martial arts activities is designed to let the

campers relax, have fun and learn to work as a team. Each camper will have a limited amount of free time to socialize with the other campers and get to know students from other schools (Dojangs).

Conduct at Camp

We work to maintain an atmosphere of mutual caring, respect and understanding at camp. Proper participation and conduct by each camper is expected and includes, but is not limited to the following rules:

- Respect other's feelings and property
- Cooperate with each other
- Listen to your counselors and instructors
- Stay with your cabin buddy/buddies
- Clean up after yourself
- **The possession or use of alcohol is prohibited at Camp Tecumseh. Campers who violate this policy will be dismissed from the camp immediately and will not receive credit for attendance towards belt testing requirements.**

Weather Conditions

Weather can be unpredictable. In warmer weather, campers should be prepared with light clothes (and maybe even a fan) as the cabins are not air-conditioned. Additionally, an extra change of clothes and extra (uniform) Do Bohk is a good idea in case of rain. Activities will take place rain or shine. In truly inclement weather activities will be moved indoors.

Medical Information

The camp has an infirmary and medical staff on site in case of an injury or emergency.

Please note on the camp application if you have any special medical or dietary issues. If you have a food allergy, arrangements can be made with the dining staff with advance notice. If you have food allergies, please provide a list of what you can eat as well as a list of what you cannot eat along with the camp applications (participants are welcome to bring their own food).

Remember to ensure that each counselor and instructor is familiar with your medical requirements all important information must be disclosed on the camp application.

The WTSDA does not carry medical insurance for campers while attending camp. Please review your own health insurance plan to be certain that you have proper coverage. In the event you need medical assistance from a medical facility, you and your medical insurance provider will be responsible for such costs. Make sure you have a copy of proof of insurance while at camp for the weekend.

Camp Information

Camp Tecumseh YMCA Outdoor Center, 12635 W. Tecumseh Bend Rd., Brookston, IN. 47923

Phone: 765-564-2898

www.camptecumseh.org

Registration and Fees

As stated in the camp application, all campers must be registered by the deadlines noted on the application. The fees include lodging and the following meals: Friday – late night snack; Saturday – breakfast, lunch, dinner; Sunday – brunch.

Frequently Asked Questions

Q What do I need to bring?

A There is a list of items to bring on the invitation/information sheet attached with the registration form.

Q What if I forget to bring something?

A Instructors/counselors and other campers can usually provide extras of most items. However, each camper should take care to use a checklist when preparing for camp to make sure they remember items that are specific and particular to each camper.

Q What time do I arrive?

A Check-in is between 4:30 and 6 pm. You should plan to bring arrive at the designated check-in point where a counselor will check each camper in and direct him/her to his/her cabin to begin the weekend. Any questions or concerns should be addressed to the counselor at the check-in point.

Q What day is camp over?

A Camp is over on Sunday. Campers may leave as early as the completion of the Closing Ceremony/Brunch (which typically begins at 11 am and is completed around 12 pm) but they should leave no later than 1:00 pm.

Q What qualifications do the Instructors and Counselors have?

A All instructors are certified WTSDA instructors. All instructors and counselors are required to undergo a criminal background check to the WTSDA prior to acceptance as an instructor or counselor. Volunteers who have questionable backgrounds that might impact the ability to provide you with a safe environment will not be accepted as instructors or counselors.

Q What do I do if I have special needs (medical, dietary)?

A Please note on the camp application any special needs, including the need for medication, special medical attention or dietary restrictions. In the case of dietary restrictions, please provide both what you can and cannot consume in advance with the camp application.

Q What if I get sick/injured?

A The camp has medical personnel on location. In the event of a minor injury (scraped knees, etc.) where treatment can be administered by such staff, it will be administered. In the event of a more severe incident requiring additional attention, appropriate medical staff at a local hospital or treatment center will see to your needs.

Q What are the sleeping quarters like?

A All cabins are wood structure with bathroom and shower facilities. Each cabin will have between 10 and 16 campers and two counselors. All will sleep on bunk beds. Please see the applicable camp website for photo information on each camp.

Q Are there counselors and instructors on duty at all times?

A Yes. From the moment check in starts the counselors and instructors are on duty. They will be with the campers during meals, activities and during the night. During the evening free time, there are counselors and

instructors stationed throughout the camp to provide supervision to campers as well as patrolling the entire camp. Camp staff is also on site and on duty the entire weekend to assist the WTSDA instructors, counselors and campers.

Q Should I bring food/drinks?

A Meals will be provided by the camp. However, campers may enjoy having a few snacks between activities and in the evening. As the activities are all athletic in nature, it is recommended that such snacks be healthy ones. You may enjoy having your own supply of water or Gatorade (or similar) in addition to the drinks provided by the camp.

Some information from Camp Tecumseh:

Quiet Hours: Groups should respect the quiet hours between 10pm and 6:30am. Please be aware that there are other groups and staff members that live on site.

Damages: Groups shall leave the facilities in as good a state and condition as they were in the beginning of the use period. Buildings will be examined before and after your stay. In the event of damage to the buildings and/or facilities, groups are responsible for the cost of repairs. There is a \$50 minimum charge for each incident of property damage. Damage charges include labor and materials. Damages may include, but are not limited to, graffiti, ground fires, and structural damages to facilities. (Remember, Warriors leave no trace.)

Fires: *Fire pits near cabins* – There is one permanent fire pit outside every cabin duplex that is available for use. Fires must be contained within these pits. Ground fires are not allowed. Please use the fire pits.

Alcohol/Drugs: The possession or use of alcohol by any member of a group is prohibited at Camp Tecumseh YMCA. Violators will be reported to the group leadership and may be reported to the sponsoring organization and/or local authorities. The possession or use of Illegal Drugs by any member of any group is prohibited at Camp Tecumseh YMCA. Violators will be reported to the local authorities. Camp Tecumseh reserves the right to ban groups from returning to Camp Tecumseh if they decide to violate our alcohol/drug policy.

Smoking and Tobacco Use: Smoking and Tobacco use is prohibited in all program areas and public areas of camp. Adults who must smoke should do so discretely outdoors away from the presence of youth. Please make sure that cigarettes are completely out before disposing of them in a trashcan. Thank you for helping to protect our children and our natural environment from fire and debris.

Additional Items Not Permitted at Camp Tecumseh YMCA: Fireworks, pets, firearms, and weapons of any kind are not permitted on the property of Camp Tecumseh YMCA.