

## = FEATURES =

The 2011 Martial Arts Camp will be held at several locations throughout Korea, including Yong-In University, the Korean Institute of Sports Science, and the Korean National Sports University. Participants will also visit a number of culturally-significant sites.

Yong-In University has earned a reputation for high standards with regard to competition in Judo, Taekwondo, and other combative sports. This program is a valuable opportunity to train at one of the premier martial arts institutions with internationally-recognized instructors. From morning to night, faculty members from Taekwondo, Judo, wrestling, Tsirum (traditional wrestling), boxing, Kumdo (Kendo), and schools of police/military applications will be working together to make sure your time will be fully occupied with martial arts and Korean culture for a truly unique training experience.

### **Intensive Training**

Taekwondo, Yongmudo, and Judo instruction will be provided for all levels, from novices through black belts. Training includes morning competitor fitness training and seminars in Kumdo and Tsirum.

Typical training days start with a 6 am training session of elite competitor fitness training or Gumdo, followed by breakfast and a short rest.

Late mornings are filled with basic training according to your chosen track.

Afternoon sessions are used for seminars, demos and training in advanced techniques or introductions to 'unfamiliar' martial arts.

Evening activities include exhibitions, discussions, tours, and opportunities to interact with our hosts.

### **World-class Competitors**

The training available at Yong-In University is unparalleled anywhere in the world. The majority of Korea's Olympic and world medallists in Judo, and world medallists in Taekwondo and other combative sports have come from this university. Most of the coaches and lecturers are former national team members, coaches, and international medallists, ensuring that the level of training and instruction is state of the art. Instructors will guide students to an understanding of how to reach their training goals.

### **Korean History and Culture**

The roots of these arts go back over 2000 years. Cultural training components are just as extensive as the martial arts. Participants may also visit places such as the Kukkiwon, the Traditional Folk Village, the War Memorial, and various other sites of historical and cultural interest.

## = SCHEDULE =

**June 26<sup>th</sup>:** Both groups depart from San Francisco, CA.

**June 27<sup>th</sup>:** Both groups arrive at Pohang, unpack, and settle in before training begins.

**June 28<sup>th</sup> – 30<sup>th</sup>:** Special training before the second World Yongmudo Championship begins. This includes instruction in Taekwondo, Yongmudo, Judo, Kumdo, and Tsirum.

**July 1<sup>st</sup> – 2<sup>nd</sup>:** Second World Yongmudo Championship

**July 3<sup>rd</sup>:** Group 1 returns to SFO

**July 3-8<sup>th</sup>\***: Travel to Korean National Sports University, Yong-In University, World Taekwondo Federation (WTF), World Taekwondo Headquarters (Kukkiwon), Taekwondo Promotion Foundation, and the Korean Institute of Sports Science.

**July 8<sup>th</sup>:** Group 2 returns to SFO.

**\*Note:** A more detailed day-to-day schedule for the week of July 3<sup>rd</sup> will be available as the departure date draws nearer.

**= REGISTRATION =**

**Tuition:**

Instruction, food, dormitory lodging, and roundtrip plane flight are covered in the \$2,200.00 fee. (Fee may be reduced if conditions merit.)

**Enrollment:**

Enrollment is limited to 75 participants. The minimum age is 14. We may accept younger mature youth with a note from the instructor.

**Deposits:**

Participants can reserve their spot with a non-refundable deposit of \$200 (due by March 31<sup>st</sup>) until all spots are filled. The remaining balance must be paid by May 1<sup>st</sup>, 2011.

Additional information and registration forms can be found at:

[www.ucmap.org/korea/](http://www.ucmap.org/korea/)

**Make check or money order payable to:**

UC Regents

**And mail to:**

UC Martial Arts Program, Korea 2011  
Recreational Sports Facility  
2301 Bancroft Way, Rm 145  
Berkeley, CA 94720-4420

**Questions may be directed to:**

Dr. Russell Ahn  
Or Matt Buchanan  
(510) 642-3268  
Korea2001@ucmap.org  
[www.ucmap.org/korea/korea.asp](http://www.ucmap.org/korea/korea.asp)

**Korea 2011 Martial Arts Camp**  
UC Martial Arts Program  
Recreational Sports Facility  
2301 Bancroft Way - Rm 145  
Berkeley, CA 94720-4420

**The 36<sup>th</sup>  
UC Berkeley Martial Arts  
Summer Camp  
June 26<sup>th</sup> – July 3<sup>rd</sup>, 2011**

Hosted by:

Korean National Sports University, Yong-In  
University, Pohang, Korea

&

UC Martial Arts Program, Berkeley, California



# UC Berkeley Martial Arts Summer Camp in KOREA

## Information Sheet

**NOTE:** All information presented here is subject to change

**Trip Dates:** Group 1: June 26<sup>th</sup> (Sunday) thru July 3<sup>rd</sup> (Sunday) 2011

Group 2: June 26<sup>th</sup> (Sunday) thru July 8<sup>th</sup> (Friday) 2011

**Approximate Cost:** \$2,000 (1<sup>st</sup> Group) - \$2,200 (2<sup>nd</sup> Group)

### Schedule Overview

DATE	ACTIVITY	DATE	ACTIVITY
Sun. 6/26	Start travel		
Mon. 6/27	Arrive in Pohang, settle in	Sun. 7/3	Group 1 departs for SFO, Group 2 travels to Seoul
Tues. 6/28 – 6/30	Special training before Second World Yongmudo Championship	Sun. 7/3 – 7/8	Travel to Korean National Sports University, Yong-In University, World Taekwondo Federation (WTF), World Taekwondo Headquarters (Kukkiwon), Taekwondo Promotion Foundation, and the Korean Institute of Sports Science.
Fri. 7/1 – 7/2	Second World Yongmudo Championships	Fri. 7/8	Group 2 departs for SFO

## Typical Training Schedule (Actually Schedule may vary)

Time	Activity
6:00-7:30	Morning run or kumdo practice
7:30-9:00	Breakfast
9:00-10:30	Taekwondo practice
10:30-12:00	Yongmudo practice
12:00-1:30	Lunch
1:30-3:00	Judo practice
3:00-6:00	Seminars
6:00-7:30	Dinner
7:30-9:00	Student mixers

### Contact Information:

Korea Trip Coordinator:  
Matt Buchanan  
mattbuchanan@berkeley.edu

Director of UC Martial Arts Program:  
Dr. Russell Ahn  
UC Berkeley Martial Arts Program  
2301 Bancroft Ave.  
Berkeley, CA 94720  
(510) 642-3268

### DEADLINES:

- Please let us know by **March 31<sup>st</sup>** of your intention to participate in the camp.
- A non-refundable deposit of \$200 is due by **March 31<sup>st</sup>**
- The remaining balance is due by **May 1<sup>st</sup>, 2011**
- **Joining the trip after May 1<sup>st</sup> will result in increased airfare prices which must be paid by the participant**



## The 36<sup>th</sup> UC Berkeley Martial Arts Summer Camp, 2011

### IMPORTANT FACTS

**Departure:** Meet at Asiana Airlines Ticket Counter at San Francisco (California) airport (SFO) *no later than 10:00 PM on FRIDAY June 25<sup>th</sup>*. The flight is Asiana #213 which leaves at 1:00 AM (one hour after midnight) on June 26<sup>th</sup>. This is a direct flight from SFO to Incheon, Korea.

**Return of Group #1:** Arrives at San Francisco airport from Korea at 11:00 AM on July 3<sup>rd</sup>. Flight is Asiana #214.

**Return of Group #2:** Arrives at San Francisco airport from Korea at 11:00 AM on July 8<sup>th</sup>. Flight is Asiana #214. (Yes, this is the same flight number as group #1)

#### Schedule:

Date	ACTIVITY
June 25 <sup>th</sup> (10:00 PM)	Meet at Asiana Airlines ticket counter at San Francisco airport
June 27 <sup>th</sup>	Arrive in Pohang University (lose a day due to International date line) Training with Yongin University staffs
June 28 <sup>th</sup> – July 2 <sup>nd</sup>	Home stay and training at Chosun University
July 3 <sup>rd</sup>	Morning training, Group #1 returns to SFO
July 3 <sup>rd</sup>	Bus to Korean National Sports University
July 4 <sup>th</sup>	Demos and seminars
July 4 <sup>th</sup> – 8 <sup>th</sup>	Training at Korea National Sports University, sightseeing
July 8 <sup>th</sup>	Group #2 returns to SFO

**Informational Contact:** For information please contact Matt Buchanan at [mattbuchanan@berkeley.edu](mailto:mattbuchanan@berkeley.edu) or at (408) 427-2065

**Emergency Contact:** In case of an emergency where a traveler must be contacted during the trip then phone Dr. Russell Ahn at (925) 451-3053