

Important Things to Know about Kuk Sool Camp 2010

Return either the attached Parental Authorization Form (for campers under the age of 18) or the attached Release Form (all others) by **August 10**.

Time

Check-in: 4:00 PM Friday, August 13

Check-out: 1:00 PM Sunday, August 15

Location

Camp Cuivre Group Camp

Cuivre River State Park

678 State Route 47

Troy, Missouri

Directions

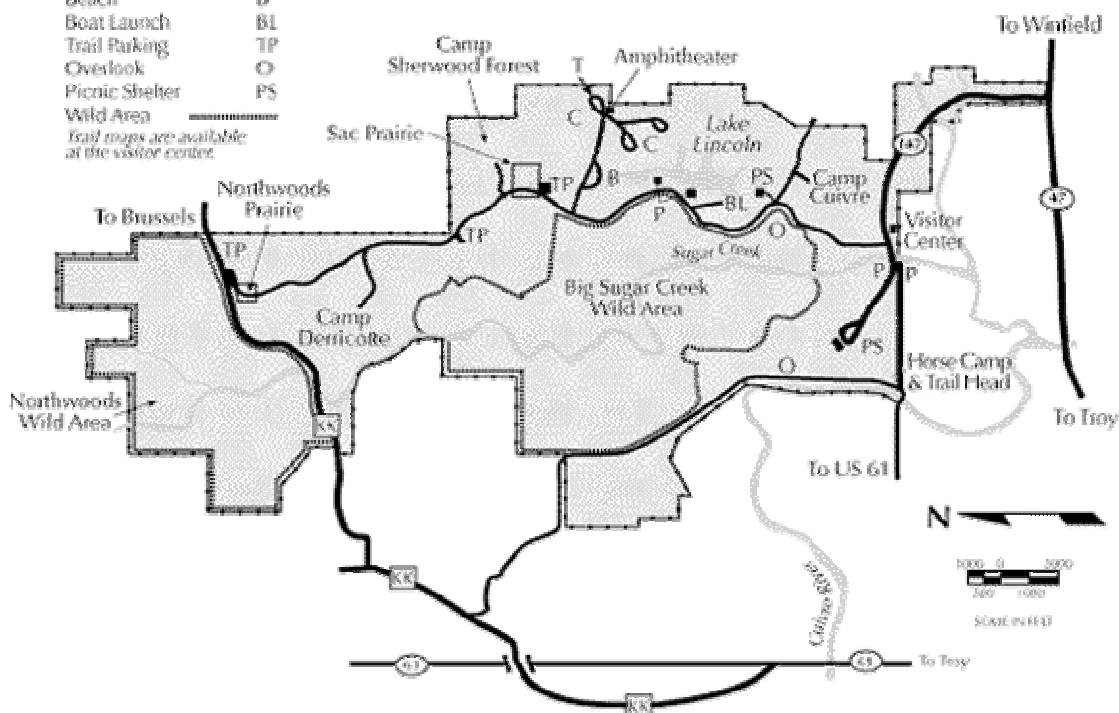
Travel west on I-70 or U.S. Hwy. 40 to Exit 210/Wentzville. Take U.S. Hwy. 61 north for 14 miles to Troy. Travel east on Hwy. 47 for 2.8 miles to Hwy. 147, which is the main entrance to the state park. To reach Camp Cuivre once in the park, turn right at the first intersection (the Visitor Center is on your left), then turn right again at the next stop sign. There are also signs posted.

KEY

Picnic Area	P
Camping	C
Trailer Hook-ups	T
Beach	B
Boat Launch	BL
Trail Parking	TP
Overlook	O
Picnic Shelter	PS
Wild Area	-----

Trail maps are available at the visitor center.

CUIVRE RIVER STATE PARK



Things You Must Bring

Your own bedding and linens:

Bedding or Sleeping Bag
Pillow
Bath towel
Washcloth

Your practice uniform(s):

Camp t-shirt
Dobok (uniform) pants
Belt
Athletic shoes (not sandals!)

Your own personal items:

Toothbrush
Toothpaste
Insect repellent
Sunscreen
Bath soap
Any other toiletries

Your weapons (as are rank appropriate):

Goong (bow)
Jewel Bong (rope-staff)
Dahn Bong (short staff)
Joong Bong (middle staff)
Jang Bong (long staff)
Chang (spear)
Gum (sword)

Additional Suggestions

- We will have a number of separate practice sessions through the weekend. You might consider bringing extra uniforms in which to practice.
- We will be spending Saturday afternoon at the lake. Bring a swimsuit, beach towel, sunscreen, sandals or water shoes. PARENTS - if your child is not a strong swimmer, they should bring a life vest (PFD)!
- Bring a guitar or other musical instrument for evening entertainment; we will have a campfire.
- Bring a lawn chair if you want to sit on something more comfortable than wooden benches.

Other Notes

- Campers are to maintain clean and orderly living, working and eating quarters during their stay and pick up any litter from the grounds.
- Meals will be typical camp fare, with some special Korean dishes. If you have special dietary needs, you may bring your own food. Please talk to Kwan Jang Nim Jack or Lee. Snacks are NOT allowed in the cabins, but can be kept in the kitchen.

Parental Authorization Form

By signing below, I am claiming to be the legal parent or guardian of:

Child's Name: _____

Birth Date: _____ Age: _____ Sex: M F

School Name: _____ Rank: _____

Address: _____

City: _____ Zip: _____

Father's Name: _____

Phone (home): _____ Phone (work): _____

Mother's Name: _____

Phone (home): _____ Phone (work): _____

Can your child swim well? YES NO

If no, your child should bring a life vest.

In case of injury or illness contact:

_____ AT _____

If cannot be reached:

_____ AT _____

Identify activities (if any) that child should not participate in:

1. _____
2. _____
3. _____

The following are special circumstances regarding my child you should be aware of: (special medication, seizures, physical condition, fear of water, etc)

I hereby agree and understand that by authorizing the above named person to participate in the aforementioned weapons practice, I am releasing the World Kuk Sool Association, Inc., its Officers, Agents and Representatives, together with Grandmaster In Hyuk Suh from any and all claims regardless of their nature or intent.

I understand that should the above named person sustain injury, First Aid type of treatment may be rendered, and that I shall be completely responsible for any and all immediate and consequential medical treatment and costs that may be necessary for the above named person. I confirm that I hold adequate medical insurance, or that I have sufficient means to seek adequate medical attention.

I further understand and agree that should other persons other than the above named person, sustain injury, or damage to property, due to the direct or indirect actions of the above named person, that I shall be responsible for all costs and compensation.

Parent or Legal Guardians's Name: _____

Signature: _____ Date: _____

Release Form

By signing below, I am claiming to be:

Name: _____

Birth Date: _____ Age: _____ Sex: M F

School Name: _____ Rank: _____

Address: _____

City: _____ Zip: _____

In case of injury or illness contact:

_____ AT _____

If cannot be reached:

_____ AT _____

I hereby agree and understand that to participate in the aforementioned weapons practice, I am releasing the World Kuk Sool Association, Inc., its Officers, Agents and Representatives, together with Grandmaster In Hyuk Suh from any and all claims regardless of their nature or intent.

I understand that should I sustain injury, First Aid type of treatment may be rendered, and that I shall be completely responsible for any and all immediate and consequential medical treatment and costs that may be necessary for me. I confirm that I hold adequate medical insurance, or that I have sufficient means to seek adequate medical attention.

I further understand and agree that should other persons other than the above named person, sustain injury, or damage to property, due to my direct or indirect actions, that I shall be responsible for all costs and compensation.

Signature: _____ Date: _____

**Kuk Sool Camp 2010 Schedule
Camp Cuivre**

Friday

Camper Check-in	4:00 PM
Dinner	5:00 PM
Camp Introductory Session	6:30 PM - 8:00 PM
Campfire	8:30 PM - 9:30 PM
Lights Out	10:00 PM

Saturday

Reveille	7:00 AM
Breakfast	8:00 AM
Bow-in, Ki Training, Mohm Pohl Ki	9:00 AM
Training Session 1	9:15 AM - 11:30 AM
Lunch	11:30 AM
Swim Break	1:00 PM - 4:00 PM
Dinner	5:00 PM
Training Session 2	6:30 PM - 8:00 PM
Campfire	8:30 PM - 9:30 PM
Lights Out	10:00 PM

Sunday

Reveille	7:00 AM
Breakfast	8:00 AM
Bow-in, Ki Training, Mohm Pohl Ki	9:00 AM
Colored Belt Independent Review Session	9:15 AM - 11:00 AM
Black Belt Training Session	9:15 AM - 11:00 AM
Lunch	11:30 AM
Campers Clean Barracks	12:15 PM
Staff Final Sweep of Barracks	12:45 PM
Campers Check-out	1:00 PM