

COME CELEBRATE OUR 17<sup>TH</sup> ANNUAL

# UATW

## ULTIMATE ADULT TAEKWON-DO WEEKEND

Hosted by Mark Cashatt's Taekwon-Do School, Inc.

October 5-8, 2017

Camp Oak Hill

53 Camp Road, Nottingham, PA



Dear Participant,

This is the 17th annual ULTIMATE ADULT TKD WEEKEND. All students who practice General Choi's patterns, white belt through senior Black Belt who are age 21 and above are invited to attend.

Our beloved Camp Trinity is no longer available for our weekend and last year we found a spot in Kunkletown, PA. was beautiful but we could have used more flat surfaces to train. This year we found Camp Oak Hill in Nottingham, PA. Popular demand wanted us to start Thursday evening so that is what we will do.

Those that can arrive Thursday night- we will not have any formal workout. We will all just settle in. Friday, Saturday and Sunday morning we'll make breakfast. Lunch will be included for Friday and Saturday. Sunday lunch we'll eat all the leftovers. Friday and Saturday supper is also included. We will have workouts Friday and Saturday morning and afternoon. Sunday morning will be an optional workout. We will depart around noon.

There is plenty of room with 28 beds in one lodge and if we need more, there is a second lodge. We will be training outside. There is a big macadam parking lot and also a large pavilion with a concrete floor.

The weekend is about getting away and training and having fun with other students of Taekwon-Do. We would love to have you join us!

Sincerely,

Mark Cashatt  
Master Instructor

### **THINGS TO BRING**

**2 OR MORE DOBUKS**

**SPARRING GEAR**

**SNEAKERS**

**NOTEBOOK?**

**CAMERA?**

**LIQUID REFRESHMENTS**

**TOILETRIES (toothbrush, toothpaste, shaving cream, soap, shaver, etc.)**

**BATH TOWELS**

**PILLOW(S)**

**SLEEPING BAG**

**LINENS**

**CLOTHING for 3 days**

**LAYERS OF WARMTH**

**(sweatshirts, light jacket)**

# 2017 ULTIMATE ADULT TAEKWON-DO WEEKEND REGISTRATION

*\*deadline September 30, 2017 to submit registration*

Costs:

UATW fee includes lodging, three breakfasts, two lunches, two dinners and snacks of course,  
all the training for                      3 nights=                      \$320                      2 nights=                      \$260

PLEASE PRINT YOUR NAME \_\_\_\_\_

STREET ADDRESS/ PO BOX \_\_\_\_\_

CITY, STATE AND ZIP \_\_\_\_\_

PHONE # \_\_\_\_\_ BELT RANK \_\_\_\_\_

I understand that there is vigorous activity and a chance for injury in TaeKwon-Do activities. Recognizing and assuming the risks involved therein, I hereby waive liability as to, and relinquish all rights that I have now or may have in the future against Mark Cashatt, Mark Cashatt's TaeKwon-Do School, Inc., the property we stay in, with any claims brought on because of injury during said (UATW) Ultimate Adult TaeKwon-Do Weekend. I hereby warrant that I am in good physical condition and I have no disability preventing me from participating in the UATW.

Participant's signature and date

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Physical limitations: \_\_\_\_\_

Dietary limitations: \_\_\_\_\_

In case of emergency, call \_\_\_\_\_

Estimated day and time of arrival. \_\_\_\_\_

Please send or submit registration with the appropriate fee (with checks made out to)

**Mark Cashatt's TaeKwon-Do School, Inc.  
19 South Main Street, Hatfield, PA. 19440**