

COME CELEBRATE OUR 18TH ANNUAL

UATW

ULTIMATE ADULT TAEKWON-DO WEEKEND

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

September 27-30, 2018

Camp Oak Hill

53 Camp Road, Nottingham, PA



Dear Participant,

This is the 18th 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.

Through the years we've held our UATW at Camp Unami, later to be called Camp Trinity, Camp Authureeta, Camp Onas, Camp Knuckletown, twice at Topsail Island North Carolina and last year at Camp Oak Hill. All the participants liked Camp Oak Hill last year so we will return there this year.

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)

**2018 ULTIMATE ADULT TAEKWON-DO WEEKEND
REGISTRATION**

*deadline September 22, 2018 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

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**