

COME CELEBRATE OUR 20TH ANNUAL

UATW

ULTIMATE ADULT TAEKWON-DO WEEKEND

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

October 2-4, 2020

Camp Oak Hill

53 Camp Road, Nottingham, PA



Dear Participant,

This is the 20th annual ULTIMATE ADULT TKD WEEKEND. We always said we'd go on a cruise for the 20th, but it doesn't look like that can happen with the current situation in our world. The event will be held at Camp Oak Hill, the home of our UATW for the past 4 years. We are all by ourselves in the beautiful country near Nottingham PA. We can work out observing social distancing and we can accommodate sleeping arrangements the same way. We need to get away to train!

Participants can arrive Friday starting at 6 pm. We will have a Friday evening workout starting at 7:30 pm. We'll have snacks after the workout but participants should eat supper before they arrive. Saturday morning we'll help out to prepare breakfast. We have a morning workout followed by lunch and an afternoon workout. Saturday night we'll have a wonderful supper. Sunday morning we'll cook breakfast and morning will be an optional workout because we often have participants that have to hit the road. The rest of us will depart after lunch, which is included..

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)

2020 ULTIMATE ADULT TAEKWON-DO WEEKEND REGISTRATION

*deadline September 26, 2020 to submit registration

Costs:

UATW fee includes lodging, two breakfasts, two lunches, one dinner and snacks of course,
all the training for \$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 time of arrival. _____

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

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