

COME CELEBRATE OUR 22nd ANNUAL

UATW

ULTIMATE ADULT TAEKWON- DO WEEKEND

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

October 7-9, 2022

Camp Oak Hill

53 Camp Road, Nottingham, PA



2020 MASKED GROUP! 2022 NO MASKS REQUIRED!!

Dear Participant,

This is the 22nd annual ULTIMATE ADULT TKD WEEKEND. As we are slowly filling our new normal, students are itching to get away for a weekend of training. The UATW is designed for adults only (age 21 and above) so that none of us have to worry about minors....we can just focus on our own enlightenment!

The event will be held at Camp Oak Hill, the home of our UATW for the past 6 years. We are all by ourselves in the beautiful country near Nottingham PA. Workouts are held outdoors. We have a sheltered pavilion and a large parking lot to use. Sleeping arrangements include a large room for all the men and a large room for all the ladies.

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 will all help out to prepare breakfast, as we will with all meals (kitchen detail sign up lists are used). We have a morning workout followed by lunch and an afternoon workout. Saturday night we'll have a wonderful supper followed by adult games and social time. Sunday morning we'll cook breakfast and have another awesome workout. At the conclusion of the morning workout we will have a formal dismissal, however lunch is included.

Sincerely,

Mark Cashatt
Master Instructor

THINGS TO BRING

2 OR MORE DOBUKS

SPARRING GEAR

SNEAKERS

NOTEBOOK?

FAN?

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)

**2022 ULTIMATE ADULT TAEKWON-DO WEEKEND
REGISTRATION**

*deadline October 1, 2022 to submit registration

Costs:

UATW fee includes lodging, two breakfasts, two lunches, one dinner and snacks of course,
all the training for \$320

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**