



POOMSAE **SUMMER CAMP**

TRAIN WITH THE BEST

JULY 21ST-27TH/OSS, NL

MORE INFO
ZJFLIGHTMODE@GMAIL.COM

CONTENT

KIDS CAMP

7-14 years old/ green belts and above

- 3 DAYS (MONDAY TO WEDNESDAY)
- 7 SESSIONS
- TRAINING, TIPS, ACTIVITIES AND MORE

ADULTS CAMP

+15 years old/ blue belts and above

- 3 DAYS (FRIDAY TO SUNDAY)
- 7 SESSIONS
- TRAINING, MOTIVATIONAL SPEECH AND MORE

ONE LESSON PASS
60 EUROS (CERTIFICATE+1 MEAL INCLUDED)

SINGLE T-SHIRT FOR 25 EUROS



Joël Van Der Weide
6 times European Champion

YOUR MASTERS



Ana Zulema Ibáñez
8 times World Medalist

LIMITED SPACES

REGISTRATION

REGISTRATION METHOD:

It will be through martial.events

Send an email with your full name, age, belt and your t-shirt size to the following email:



zjflightmode@gmail.com

WHAT TO BRING:

- Sleeping bag/blanket
- Pillow
- Air mattress/mat
- Clean clothes/sportswear
- Dobok and belt
- Pen and notebook
- Snacks
- Toiletries
- Good motivation

**“STAYINGS AND
ALL MEALS
INCLUDED”**

+

CERTIFICATE

&

T-SHIRT (UNTIL 2 WEEKS
BEFORE THE CAMP STARTS)

LIMITED SPACES

TRAINING SCHEDULE

Start: July, 21st
12:00 PM
End: July, 23th
18:00 PM

KIDS CAMP

MONDAY

- 11:30-12:45
ARRIVAL AND
REGISTRATION
- 13:00-14:30
BASIC ARM TECHNIQUE,
RYTHM & SPEED
- 17:00-18:30
FREESTYLE (SPINNING
KICKS)

TUESDAY

- 9:30-11:00
KICKING TECHNIQUES &
DRILLS
- 15:30-17:00
FREESTYLE
(BASIC ACROBATICS)

WEDNESDAY

- 9:30-11:00
FULL POOMSAE WITH
RYTHM
- 15:30-17:00
FREESTYLE (MUSIC AND
COREOGRAPHY)

TRAINING SCHEDULE

Start: July, 25th
18:30 PM
End: July, 27th
18:00 PM

ADULTS CAMP

FRIDAY

- 16:30-17:30
ARRIVAL AND
REGISTRATION
- 18:30-20:30
BASIC ARM TECHNIQUE,
RYTHM & SPEED

SATURDAY

- 9:30-11:00
MOBILITY AND FLEXIBILITY
- 14:00-16:00
KICKING TECHNIQUES & DRILLS
- 17:30-19:30 FULL POOMSAE
OR FREESTYLE (BASIC
ACROBATICS)

SUNDAY

- 9:00-10:30
FREESTYLE (MUSIC AND
COREOGRAPHY)
- 12:00-13:00
PRESENTATION TIPS FOR
COMPETITION
- 15:30-17:00
FULL POOMSAE WITH RYTHM
- 18:00
END OF THE CAMP