



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MARTIAL ARTS CAMP 2013

## HANDBOOK

August 19th - 23rd

Ages 7 - 18

**LEARN**  
**ACHIEVE**  
**GROW**



- ✓ TAEKWONDO FUNDAMENTALS
- ✓ BOXING BASICS
- ✓ JIU JITSU FOR BEGINNERS
- ✓ YOGA
- ✓ LEADERSHIP WORKSHOP

IN COLLABORATION WITH MARTIAL YOU, YOUNG'S MMA & GRACIE BARRA JIU JITSU

# TO DO CHECKLIST

- ENROLL IN CAMP!**
- CHECK SCHOLARSHIP OPPORTUNITY**
- READ ENTIRE HANDBOOK**
- REVIEW CAMP RULES & EXPECTATIONS**
- ORDER UNIFORM BEFORE JULY 29<sup>TH</sup> 2013**
- FILL OUT LUNCH FORM AND SUBMIT BY JULY 29<sup>TH</sup> 2013**

## Dear Families

Welcome! We are excited to embark on a five day learning and fun experience with your children. This year the Bangor YMCA has decided to team up with MARTIAL YOU, a non-profit organization dedicated to promoting and creating access to martial arts, in order to create the best martial arts camp ever! Martial arts has a well-known reputation for being a great way to build character, increase confidence, learn respectful behavior and of course learn some pretty cool skills. Please read through the entire packet as it contains important information about what to bring and what to expect. If you have any further questions, please contact the Bangor YMCA staff at (207) 941-2808

See you soon!

*Shawn Hill (Taekwondo Instructor MARTIAL YOU), Eric Taylor (Youth Director YMCA), Ernie Fitch (Young's MMA), Chris Young (Young's MMA), Eduardo Benjamin (Brazilian Jiu-Jitsu)*  
*Camp 2013 Team*

## ABOUT MARTIAL ARTS CAMP

This camp is a program offered through the Bangor YMCA and has been organized in conjunction with MARTIAL YOU, Young's MMA, and Eduardo Benjamin of Gracie Barra Brazilian Jiu-Jitsu, all local organizations that are passionate about the health and well-being of today's youth. It combines the efforts of top notch volunteers trained in Taekwondo, Boxing, Jiu-Jitsu, Yoga, Nutrition and group leadership skills in order to introduce youth ages 7 - 18 to martial arts and provide a challenging yet fun and educational experience.

The five day camp reflects the basic core values from the martial arts: Respect, Humility, Integrity, Perseverance and Community Responsibility while promoting both Health and Wellbeing.

# ACTIVITIES

Each day from 9:00am to 2:00pm participants will be immersed into a world of martial arts, nutritional education and leadership skills. Those who enroll will be introduced to the kicking style of Olympic TAEKWONDO, the punching style of modern BOXING and the ground defense of JIU-JITSU in order to provide a well-rounded experience. Training will wind down with YOGA and then finish with a leadership workshop just before lunch.



**Taekwondo** – From Korea: Meaning "The way of the hand and foot", is a modern martial art that is characterized by its fast, high and spinning kicks. It combines combat techniques, self-defense, sport, exercise, and in some cases meditation and philosophy. In 1989, Taekwondo was the world's most popular martial art in terms of number of practitioners. Gyeorugi, a type of sparring, has been an Olympic event since 2000. On your left you can see a picture showing a competitor in blue scoring points with an axe kick technique. Participants will be introduced to many of the basic elements of this art such as etiquette, traditional blocks, strikes, movements, breaking and Olympic style sparring.

**Boxing** – Often called "the manly art of self-defense," is a sport in which two competitors try to hit each other with their glove-encased fists while trying to avoid each other's blows. Today the skills derived from boxing are essential self-defense tools for everyone to have. Participants will be introduced to the basic movements, punches and defenses associated with boxing. The picture to the right from the U.S Navy Imagery collection shows that boxing is not just a manly art of self-defense anymore.



**Brazilian Jiu-Jitsu** - (BJJ) is a martial art, combat sport, and a self-defense system that focuses on grappling and especially ground fighting. The art was derived from the Japanese martial art of Kodokan judo (which itself is derived from Japanese Jujutsu) in the early 20th century. It teaches that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper technique. Shown to the left is a picture of Royce Gracie, one of the pioneers of Brazilian Jiu-Jitsu, demonstrating technique.

**Yoga** - Which originated in ancient India has become a popular system of physical exercise across the Western world. The physical postures of yoga are used to alleviate health problems, reduce stress and increase flexibility. Yoga will conclude the daily activities in order to promote flexibility and to help participants wind down before the leadership workshop.



# DAILY SCHEDULE



Time	Activity
9:00am to 9:20am	<b>20 minute orientation:</b> During this time we will be getting everyone ready for the day's activities. The 19 <sup>th</sup> will be an intro to the camp itself and quick review of the camp rules and expectations. As a time saver all participants should arrive dressed in training attire.
9:20am to 10:05am	<b>45 minute traditional Taekwondo basics with Shawn Hill:</b> This will be a progressive introduction to taekwondo over the 5 day span starting with: etiquette, Olympic footwork, traditional blocks, traditional strikes, forms, and leading to taekwondo style sparring on day 5
10:05am to 10:15am	<b>10 minute break:</b> participants will be given the opportunity to get water, cleanup and change if needed. Also buffer for classes just in case.
10:15am to 11:00am	<b>45 minute boxing basics with Young's MMA:</b> This will be a basic introduction to boxing and will cover boxing style punches, movements and defenses over the span of the camp.
11:00am to 11:15am	<b>15 minute break:</b> participants will be given the opportunity to get water, cleanup and change if needed. Also buffer for classes just in case.
11:15am to 12:00pm	<b>45 minute Jiu-Jitsu basics with Eduardo Benjamin:</b> This will be a progressive introduction to the world of Ju-Jitsu. These sessions will allow kids to learn the basics of ground defense.
12:00pm to 12:10pm	<b>10 minute break:</b> participants will be given the opportunity to get water, cleanup and change if needed. Also buffer for classes just in case.
12:10pm to 12:40pm	<b>30 minute Yoga class will end the day's physical activities:</b> These sessions are all about flexibility and introducing the kids to good stretching habits and body control.
12:40pm to 12:50pm	<b>10 minute break:</b> participants will be given the opportunity to get water, cleanup and change back into normal clothing.
12:50pm to 1:20pm	<b>30 minute leadership workshop with Eric Taylor:</b> This daily workshop is designed to give the participants a chance to reflect on the day's activities through discussion and reaffirm what they have learned. During this time camp staff will engage participants in discussions regarding multiple aspects of personal and social responsibility, leadership skills and situational awareness.
1:20pm to 1:30pm	<b>10 minute buffer time to switch modes for lunch:</b> Early pickup will begin for those who require it.
1:30pm to 2:00pm	<b>30 minute lunch:</b> Provided lunch with a nutritionist on staff to discuss healthy eating and help the kids learn about the foods they need for training.

# EXPECTATIONS & WHAT TO BRING

## POSITIVE ATTITUDE

Bring a respectful positive attitude and a willingness to work with others at the camp. We will do our best to provide a safe and fun environment for all those who participate and we need to maintain that environment throughout the length of the camp and throughout all activities.

Those who are disruptive, confrontational and uncontrollable may be excluded from camp activities or removed entirely from the remainder of the camp itself. We want everyone to have a great experience and though we do not anticipate any issues we must reserve the right, at our discretion, to exclude anyone exhibiting disruptive behavior.

## FOOD

Please start your day with a good breakfast at home! You will need the energy for camp activities and lunch does not come around until 1:30pm. A nutritionally balanced lunch will be provided to each camp participant thanks to the collaborative efforts of the Bangor YMCA and the Good Shepherd Food Bank. Please bring plenty of water in a non breakable bottle to drink in between activities as there may not be much time to visit water fountains.

If you or your child has any food allergies or dietary restrictions please fill out the LUNCH FORM on page 10 and submit it to the Bangor YMCA so we may take the appropriate steps to match a lunch with them. If you have specific questions or requirements regarding the provided lunch please contact Katie Mroz at (207) 941-2808.



## CLOTHING



If you have ordered a uniform from us or already have an appropriate uniform suitable for taekwondo, karate or jiu-jitsu please wear it each day of the camp. If you have not ordered a uniform please do so before July 29<sup>th</sup> 2013. If you do not want a uniform or simply do not wish to wear one please dress in clothing that is comfortable and appropriate for physical activities such as running, kicking, boxing, grappling and stretching. Apparel such as t-shirts, sweatpants, stretch pants, or flexible shorts should be fine. Do not wear jeans, skirts or anything that would constrict movement. All jewelry must be removed before starting camp activities.

Tennis shoes are needed for any outdoor activities, although most if not all activities will take place on a foam floor indoors where shoes are not allowed at all. Bare feet are essential for martial arts training so please be sure your child is comfortable not wearing shoes around others.

If you wish to purchase a martial arts uniform for this camp please fill out the Uniform Request on Page 6 and submit it to the Bangor YMCA before July 29<sup>th</sup> so we can have them available prior to or by the camp start date.

## ELECTRONICS

Leave all iPods, tablets, laptops, MP3 players, video games and cell phones at home. If you need to bring a cell phone for emergencies, keep it with your belongings and do not use it during camp time unless it is an emergency. We cannot be held responsible for any items that are left behind, damaged or stolen.

# CAMP RULES



1. **BE SAFE!** - Pay attention at all times and never engage in fighting or horseplay. Do not wear any jewelry as it can harm others and yourself during training. Make sure your camp instructors know where you are at all times and never leave without permission.
2. **NO BAD ATTITUDES ALLOWED** - come ready to work, learn and have fun with others. Everyone wants to enjoy themselves and its each person's responsibility to ensure they do not adversely affect others.
3. **RESPECT YOURSELF AND OTHERS AT THE CAMP** – No Cursing or Put-Downs. Treat everyone with respect, always be courteous and remain in control of yourself at all times. Keep your belongings together and in designated areas.
4. **BE RESPONSIBLE** – Be on time! If you have an injury speak to a camp volunteer or instructor when you arrive. Never misuse what you learn at the martial arts camp. Be a role model for younger kids
5. **NO ELECTRONICS** - Leave all iPods, tablets, laptops, MP3 players, video games and cell phones at home. No cell phones during camp hours unless for emergency use. The YMCA phones are also available for emergency phone calls.
6. **LISTEN TO ALL INSTRUCTORS WITH FOCUS AND GIVE 100%**

In accordance with our core values, camp staff works collaboratively to engage all participants. The camp days are densely packed with physical activity, skill building and enrichment activities and we recognize that it can, at times, be challenging for some individuals. Our expectations are also clearly expressed in our camp rules, and our goal is that each participant receives the full benefit of the martial arts camp.

We will therefore be in contact with families of any campers who are experiencing challenges that prevent them from participating fully, and we ask for your cooperation in addressing these challenges. Please feel free to get in touch with the organizing staff at any time to address questions or concerns about your child's experience at Martial Arts Camp 2013.

## FEEDBACK

The Bangor YMCA and MARTIAL YOU welcomes feedback regarding you and your family's camp experience, including kudos, concerns and everything in between. Please feel free to contact Shawn Hill at the Bangor YMCA in person or by phone (207)-941-2808 or email [mrhill@martialyou.com](mailto:mrhill@martialyou.com).

# UNIFORM REQUEST FORM

## TAEKWONDO UNIFORM APPROXIMATE SIZING CHART

Please write in the quantity for each size needed - measurements are in inches

Quantity	Size	Height	Weight	Shoulder Width	Jacket Length (B)	Chest Width (C)	Waist (D)	Pants Length (E)	Inseam
	000	4' - 4'3"	40-60 lbs.	45	20	15	16-24	28	21
	00	4'4" - 4'5"	60-85 lbs.	48	22	17	18-28	30	22.5
	0	4'6" - 4'8"	85-100 lbs.	51	25	18	20-30	32	24
	1	4'9" - 5'1"	100-125 lbs.	53	27	19	24-32	34	27.5
	2	5'2" - 5'5"	125-150 lbs.	56	29	21	26-34	38	29
	3	5'6" - 5'10"	150-185 lbs.	59	30	22	28-36	40	30.5
	4	5'11" - 6'	185-210 lbs.	64	32	24	30-38	42	31.5
	5	6'1" - 6'3"	210-250 lbs.	66	34	25	36-42	45	34
	6	6'4" - 6'7"	250-280 lbs.	70	37	27	40-48	47	36
	7	6'8" - 6'11"	280-325 lbs.	72	39	29	44-52	48	38

**Full payment must be received when you submit the uniform request.**

To get the special camp pricing we will be ordering all the uniforms at one time on July 29<sup>th</sup> 2013. We will notify you when the uniform order arrives and they will be made available for pickup at the Bangor YMCA.

Please check the boxes below and sign to acknowledge and agree to the following conditions:

- I understand that my order is non-refundable unless there is a defect in the uniform itself, even if I or my child cannot participate in the martial arts camp.
- I understand that if I do not order before July 29<sup>th</sup> 2013 the cost per uniform will be \$25.00 and the uniform may not have the screen printed logo. No orders will be accepted past August 12<sup>th</sup> 2013.
- I understand that the sizing chart above is an approximation and the uniform received may not be an exact fit.

First Name:  Date:

Last Name:  Phone Number:

Contact Email:  Signature:



## Special Camp Pricing!

### Taekwondo White V-Neck Uniform

These uniforms are the modern style worn by both traditional and Olympic practitioners of taekwondo. They are suitable to wear for all camp activities.

Each uniform will be ordered in the size(s) specified and includes the MARTIAL YOU logo on the left pant leg.

Your order must be submitted by July 29<sup>th</sup> 2013 in order to get the special camp pricing and guarantee we can get the logo screen printed on. If your order is received after July 29<sup>th</sup> 2013 the price goes up to \$25.00 per uniform and we cannot guarantee that there will be time to screen print the logo on.

Uniform material is a polyester/cotton blend and the pants have an elastic waistband with draw string.

A white belt is included which represents a beginning rank in most martial arts. Please read the following pages to learn how to tie this belt on.



# HOW TO TIE YOUR BELT - TAEKWONDO

## Quick Reference guide:



**Step 1:** Grab the belt!



**Step 2:** Find The Center



**Step 3:** With the belt size label facing the inside, place the center of the belt on the front of your waist.



**Step 3a:** Wrap the belt around your waist and bring each end behind you.



**Step 4:** Cross the end from your left over the end from your right in the back.



**Step 4a:** As you bring the belt ends around you and to the front, tuck the left end underneath.



**Step 5:** When you bring the two ends back to the front of your waist, cross the right over the left



**Step 6:** Take the end on your left side and tuck it under all layers of the belt and pull it upwards



**Step 6a:** Pull the end up and lay it forward



**Step 7:** At this point, take both ends and pull them forward to measure the lengths. Make sure they are roughly the same.



**Step 8:** Now flip or twist the right end to the left once.



**Step 9:** Now take the left end and cross it over the right end you just flipped.



**Step 10:** Bend the top downward and bring it behind the crossed ends and upward



**Step 10a:** Push the end upward



**Step 10b:** As that end comes up and through, grab it and bring it up



**Step 11:** After grabbing both ends, pull them outward to close the knot



**Step 12:** Now take both ends and flip them forward to help them lay down



**Step 13:** Pull both ends in front of you and make sure they are roughly the same length! If not loosen the knot and adjust the length till they match

# MARTIAL ARTS CAMP LUNCH FORM

Participants Name:  Date

Participants Age:  Early Pickup? (1:30pm)  Yes  No

Contact Email:  Contact Phone Number:

Signature (Parent or legal guardian signature if under 18)

*If the participant will be leaving camp at 1:30pm, please fill in the required information and submit the top portion of this form to the Bangor YMCA welcome center before July 29<sup>th</sup> 2013.*



We want the participant properly nourished after camp activities each day. The Bangor YMCA can provide a lunch time meal through collaboration with the Good Shepherd Food Bank. It may not be possible to have a separate meal specifically prepared for each participant but we can make every attempt to avoid food choices that could potentially be an issue for them.

If the participant has severe food allergies or needs (such as, but not limited to: celiac, vegan, vegetarian, severe lactose intolerance), you may need to bring or have them bring foods that can be eaten. You may also pick up the participant early in order to provide lunch for them. If you plan on picking them up early to provide lunch please fill out the top of this form, check the early pickup Yes box and submit to the Bangor YMCA welcome center.

If you have specific questions or requirements regarding the provided lunch please contact Katie Mroz at (207) 941-2808.

## FOODS TO AVOID, ALLERGIES AND INTOLERANCES

Please describe any SPECIAL DIETARY NEEDS or FOOD ALLERGIES the participant has.

Do they carry an Epi Pen?  Yes  No

Do they carry a Medic Alert Bracelet?  Yes  No

Will they have any medications with them in case an allergic reaction should happen?  Yes  No

Please describe symptoms of a reaction might occur if the participant eats something to which they are allergic?

Once filled out, submit this entire form to the Bangor YMCA welcome center before July 29<sup>th</sup> 2013

# CAMP ORGANIZERS



Today, the Y engages more than 10,000 neighborhoods across the U.S. As the nation's leading nonprofit committed to helping people and communities to learn, grow and thrive, our contributions are both far-reaching and intimate—from influencing our nation's culture during times of profound social change to the individual support we provide an adult learning to read.

By nurturing the potential of every child and teen, improving the nation's health and well-being, and supporting and serving our neighbors, the Y ensures that everyone has the opportunity to become healthier, more confident, connected and secure.



MARTIAL YOU is a 501(c)3 non-profit organization that was formed to fill the need for affordable and accessible martial arts programs. Our organization is dedicated to promoting the martial arts and its benefits to both youth and adults in our local community as well as those around the globe.

Martial arts can encourage students to become more involved or engaging, while learning in a structured environment that may help them socially, in groups or as individuals. Many learn how to focus their energy better, stay fit, respect others and also how to set goals such as working for their next belt level. Kids as well as adults who get involved in martial arts can profit from many different benefits which tend to carry over into a lifestyle. Our mission to promote and help make accessible the benefits of martial arts through programs that foster health, well-being, integrity and community responsibility keeps us working hard to make sure the opportunities martial arts provide are within reach of everyone.



Chris Young of Young's MMA has been involved in mixed martial arts for over 20 years, having competed until an injury set him back. This turned out to be a blessing in disguise as he learned how he enjoyed coaching fighters for cage matches. Chris grew a small gym located in his garage to a full-sized MMA gym with a cage located in Bangor, Maine. Ernie Fitch who works with Chris Young and has over 5 years of mixed martial arts

management experience in Maine sees MMA as an avenue to bring back safe combative sports to New England much like the boxing heyday in the 1960's which included legends such as Muhammad Ali competing in Lewiston, Maine.



Eduardo Benjamin teaches classes in GRACIE BARRA Brazilian Jiu Jitsu to both kids and adults from Young's MMA facility in Bangor Maine. The benefits of Gracie Barra Brazilian Jiu Jitsu are far reaching and will touch every aspect of your life. GB BJJ is for anyone who wants to learn how to defend him or herself in combat.

What most people don't know is that GB BJJ will also allow you to apply those same principles to fighting the daily battles of life, like weight loss, stress, relationship issues, and self-confidence. You will learn how to think through problems more constructively than before, on and off the mats.