

MARTIAL ARTS KIDS CAMP 2015

July 27th – 31st • Ages 7-15

LEARN ACHIEVE GROW

- TAEKWONDO
- BOXING
- BRAZILIAN JIU-JITSU
- YOGA
- MAGIC SHOW

REGISTRATION PACKET

TO DO CHECKLIST

- REGISTER FOR CAMP!
- COMPLETE LIABILITY WAIVER
- COMPLETE PHOTO/VIDEO RELEASE
- REVIEW CAMP EXPECTATIONS
- REVIEW CAMP RULES

DEAR FAMILIES

Welcome! We are excited to embark on a five day learning and fun experience with your children. This year Team Irish MMA, Gracie Barra Bangor and MARTIAL YOU, a local non-profit dedicated to promoting the benefits of martial arts, have decided to team up to create an exciting martial arts camp that includes aspects of Taekwondo, Boxing, Brazilian Jiu-Jitsu, and Yoga, all in one camp! And prepare to be dazzled by magic on day three when a special guest stops by to perform the art of illusion!

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 Jodi Munster at (207) 356-1428

Marcus Davis (Team Irish MMA, Host and Boxing Instructor), Eduardo Benjamin (Gracie Barra Bangor, Brazilian Jiu-Jitsu Instructor), Shawn Hill (MARTIAL YOU, Taekwondo Instructor)

Camp 2015 Team, bring your best because we will bring ours!

See you at camp!



ABOUT CAMP

Martial Arts Camp 2015 is a unique opportunity offered through Team Irish MMA in collaboration with Gracie Barra Bangor, and MARTIAL YOU, three local organizations passionate about the health and well-being of today's youth. It combines the efforts of top notch instructors trained in Taekwondo, Boxing, Jiu-Jitsu, and Yoga in order to introduce youth, ages 7 – 15, to different aspects of martial arts and to provide a challenging yet fun and educational experience.

WHAT TO EXPECT

Each day from 8:30am to 12:30pm participants will be immersed into a world of martial arts, including the kicking style of Olympic TAEKWONDO, the punching style of modern BOXING, and the ground defense of Brazilian JIU-JITSU in order to provide a well-rounded experience. Training will wind down with YOGA at the end of the day just before departing.



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
8:30am to 8:45am	15 MINUTE CHECK IN & ORIENTATION TIME: During this time we will be getting everyone ready for the day's activities. The 27 th 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.
8:45am to 9:30am	45 MINUTE TRADITIONAL TAEKWONDO: This will be a progressive introduction to taekwondo over the five day span, starting with: Etiquette, warming up, footwork, traditional blocks & strikes, kicking, and leading up to Olympic style taekwondo sparring on the last day.
9:30am to 9:40am	10 MINUTE BREAK: Participants will be given the opportunity to get water, cleanup, and change if needed.
9:40am to 10:25am	45 MINUTE BOXING BASICS WITH TEAM IRISH MMA: This will be a basic introduction to boxing and will cover boxing style punches, movements, and defenses over the span of the camp.
10:25am to 10:50am	25 MINUTE SNACK BREAK: Participants will be given the opportunity to get water, eat a snack, cleanup, and change if needed. Water and fruit will be provided during this break.
10:50am to 11:35am	45 MINUTE BRAZILIAN JIU-JITSU: This will be a progressive introduction to the world of Brazilian Jiu-Jitsu. These sessions will allow kids to learn the basics of ground defense.
11:35am to 11:45am	10 MINUTE BREAK: Participants will be given the opportunity to get water, cleanup, and change if needed.
11:45am to 12:30pm	45 MINUTE YOGA CLASS WILL END THE DAY'S PHYSICAL ACTIVITIES: These sessions are all about flexibility, introducing kids to good stretching habits and body control.
12:35pm	CHECK OUT

MAGIC SHOW

Wednesday, July 29th instead of Yoga, sit back, relax, and enjoy the art of illusion when our special guest arrives to put on a magic show!



EXPECTATIONS

WHAT TO BRING

POSITIVE ATTITUDE

Bring a respectful positive attitude and a willingness to work with others at the camp. We will provide a safe and fun environment for all those who participate and we will 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.

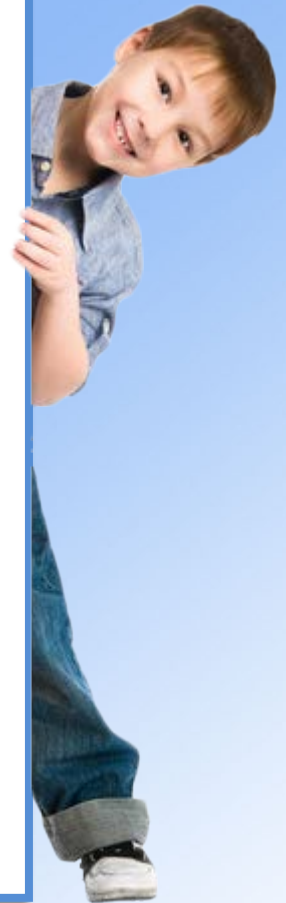
NUTRITIONAL NEEDS

Please start your day with a good breakfast at home! You will need the energy for camp activities and snack time does not come around until 10:25am. Bottled water and fruit will be provided during the snack break for all participants.

CLOTHING REQUIREMENTS

If you have a uniform from us or own an appropriate uniform suitable for taekwondo, karate or jiu-jitsu please wear it each day of the camp. If you do not have 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.



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 it's 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.
6. **LISTEN TO ALL INSTRUCTORS WITH FOCUS AND GIVE 100%**

PARTICIPATION

In accordance with our core values, camp staff will work 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 Kids Camp 2015.

CAMP REGISTRATION



PARTICIPANT INFORMATION:

First _____ Last _____ Date of Birth ____/____/____

Mailing Address _____ City _____ Zip _____

Cell Phone _____ Home Phone _____ E-Mail _____

PARENT / GUARDIAN INFORMATION:

Primary Contact:

First _____ Last _____

Cell Phone _____ Work Phone _____ E-Mail _____

Secondary Contact:

First _____ Last _____

Cell Phone _____ Work Phone _____ E-Mail _____

CHECK OFF ALL THAT APPLY:

Any Physical Handicaps? Yes No If Yes, Explain: _____

High Blood Pressure? Yes No If Yes, Explain: _____

Heart Disease? Yes No If Yes, Explain: _____

Lung Disease? Yes No If Yes, Explain: _____

Asthma? Yes No If Yes, Explain: _____

Other? Yes No If Yes, Explain: _____

IF YES TO ANY ABOVE, YOUR FAMILY PHYSICIAN:

First Name _____ Last Name _____ Phone _____

In case of emergency call:

First Name _____ Last Name _____ Phone _____

Relationship to participant _____ Phone _____

LIABILITY & INDEMNIFICATION



LIABILITY WAIVER AND INDEMNIFICATION

Learning, practicing and participating in martial arts is an inherently dangerous activity. More so than many other types of exercise and physical activity, the very nature of martial arts is such that there is **ALWAYS** the possibility that a participant will injure him or herself or be injured by another. Injuries in a contact sport such as TaeKwonDo, Hapkido, Karate, Judo, Boxing, Kempo, Brazilian Jiu-Jitsu or MMA (Mixed Martial Arts) may range from minor to major. And although it would be a rare case, death is also possible.

Participation is possible only if the participant accepts and signs the following waiver of liability, which releases Team Irish MMA Inc., Gracie Barra Bangor LLC, MARTIAL YOU, their founders, Marcus P. Davis, Eduardo Benjamin, and Shawn L. Hill, their instructor(s), director(s), volunteer(s), employee(s), associate(s), agent(s), affiliate(s), and member(s) and any others connected therewith from all liability both criminal and civil.

Participant affirms that he/she is in good physical condition and mental health and is aware that all activities, especially those with regard to actual physical training in the martial arts, are entirely voluntary, and any participant can at any time elect not to partake in any activity which he/she feels may involve some element of risk or discomfort to his/her person. Accordingly, the applicant accepts all conditions of membership, studentship, and participation and agrees to hold, Team Irish MMA Inc., Gracie Barra Bangor LLC, MARTIAL YOU, their founders Marcus P. Davis, Eduardo Benjamin, and Shawn L. Hill, their instructor(s), director(s), volunteer(s), employee(s), associate(s), agent(s), affiliate(s), and member(s), and any others connected therewith harmless from liability for damages for any injuries, including but not limited to death and disability, arising from any of the activities organized by, directed by and instructed by Team Irish MMA Inc., Gracie Barra Bangor LLC, MARTIAL YOU, their founders, Marcus P. Davis, Eduardo Benjamin, and Shawn L. Hill, their instructor(s), director(s), volunteer(s), employee(s), associate(s), agent(s), affiliate(s), and member(s), and any others connected therewith. I also understand that there may not be anyone immediately available that is certified in first aid or CPR and that treatment may be delayed until such time a certified individual is or individuals are available. Any treatment for injuries sustained will be of a first aid type only, given with my permission.

I know there are risks involved in such activities and that unanticipated risks may arise during such activities. The use of the equipment, facilities, and premises shall constitute acceptance of that risk regardless of the nature of the injury or medical condition. I recognize that fees, donations, dues, all gear purchases and all apparel purchases are nonrefundable, even upon injury or illness.

To maintain a safe environment and health-conscious training, I will observe all club rules and safety guidelines and endeavor to use common sense at all times during my participation.

The terms of this agreement will serve as a release and indemnity agreement for my heirs, personal representative(s), and for all members of my family, including any minors.

I further state that I am eighteen (18) years of age or older and legally competent to sign this release, that I understand these terms are contractual and not mere recital, and that I have signed this document as my own free act.

PLEASE CAREFULLY READ AND INITIAL EACH OF THE FOLLOWING THAT **APPLY** AND THEN SIGN BELOW:

____ I am the legal guardian of _____, who is a minor child ("Child"). While I understand that martial arts are an inherently dangerous activity in which there is always the possibility that my child may be seriously injured, I hereby give permission for my Child to participate in martial arts. I also agree to ensure that my Child fully understands all of the requirements of this document.

____ I entirely assume the risk of all injuries that I (or, if applicable, My Child) may sustain in connection with learning, practicing, and participating in martial arts.

____ I waive all claims of liability and causes of action that I (or, if applicable, my Child) presently may have or that may accrue to me (or, if applicable, my Child) in the future against Team Irish MMA Inc., Gracie Barra Bangor LLC, MARTIAL YOU, their founders, Marcus P. Davis, Eduardo Benjamin, and Shawn L. Hill, their instructor(s), director(s), volunteer(s), employee(s), associate(s), agent(s), affiliate(s), and member(s), and any others connected therewith.

____ I agree to indemnify Team Irish MMA Inc., Gracie Barra Bangor LLC, MARTIAL YOU, their founders, Marcus P. Davis, Eduardo Benjamin, and Shawn L. Hill, their instructor(s), director(s), volunteer(s), employee(s), associate(s), agent(s), affiliate(s), and member(s), and any others connected therewith for any damages or losses, including attorney's fees, that any or all of them may incur as a result of any action taken by me (or, if applicable, my Child).

____ I agree to hold harmless Team Irish MMA Inc., Gracie Barra Bangor LLC, MARTIAL YOU, their founders, Marcus P. Davis, Eduardo Benjamin, and Shawn L. Hill, their instructor(s), director(s), volunteer(s), employee(s), associate(s), agent(s), affiliate(s), and member(s), and any others connected therewith, for any damages or losses, including attorney's fees, that any or all of them may incur as a result of any injury suffered by me (or, if applicable, my Child).

____ I have carefully read this Liability Waiver and Indemnification and all of my questions about it, if any, have been fully answered and satisfied:

Print Participant's Name

Participant's Date of Birth

Telephone Number

Address

City

State

Zip

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW, AND THIS AGREEMENT TO RELEASE AND HOLD HARMLESS TEAM IRISH MMA INC., GRACIE BARRA BANGOR LLC, MARTIAL YOU, THEIR FOUNDERS, MARCUS P. DAVIS, EDUARDO BENJAMIN, AND SHAWN L. HILL, THEIR INSTRUCTOR(S), DIRECTOR(S), VOLUNTEER(S), EMPLOYEE(S), ASSOCIATE(S), AGENT(S), AFFILIATE(S), AND MEMBER(S), AND ANY OTHERS CONNECTED THEREWITH, EXTENDS TO ANY ACT OF NEGLIGENCE BY ANY SUCH PERSON IN CONNECTION WITH MARTIAL YOU.

Parent / Guardian's Signature

Date

34 Abbot Drive, Brewer Maine 04412
P.O. Box 282, Carmel ME 04419

207-404-3630
207-745-7380

www.teamirishmma.com
www.martialyou.com

PHOTO & VIDEO RELEASE FORM



I hereby give my permission and consent, now and for all time, to Team Irish MMA Inc., Gracie Barra Bangor LLC, MARTIAL YOU, and third parties collaborating with Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU to make, reproduce, edit, broadcast or rebroadcast any video, film, footage, sound track recordings and photo reproductions of me and/or the undersigned minor children, and our names, and/or my narrative account of my experience at or with Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU, for publication, display, sale or exhibition thereof in promotions, advertising and legitimate business uses without any compensation to, and/or claim, by me. I may, or may not be, identified in such reproductions; however, I shall not be stated by name to have endorsed any particular commercial products or commercial services.

I further agree to the following:

- Any video film, footage, sound track recordings, and photo reproductions of me and/or the undersigned minor children, and our names, and/or my narrative account of my experience at or with Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU, I authorize, according to this Release, shall belong to Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU and third parties collaborating with Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU . Therefore, they will have full right of disposition of any video film, footage, sound track recordings and photo reproductions of me and/or the undersigned minor children, and our names, and/or my narrative account of my experience with or at Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU; and

- Any video, film, footage, sound track recordings and photo reproductions of me and/or the undersigned minor children, and our names, and/or my narrative account of my experience with or at Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU will not be subject to any obligation of confidentiality and may be shared with and used by MARTIAL YOU and third parties collaborating with Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU; and

- Team Irish MMA Inc., Gracie Barra Bangor LLC, MARTIAL YOU, and third parties collaborating with Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU shall not be liable for any use or disclosure to a third party of any video, film, footage, sound track recordings and photo reproductions of me and/or the undersigned minor children, and our names, and/or my narrative account of my experience at or with Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU; and

- Team Irish MMA Inc., Gracie Barra Bangor LLC, MARTIAL YOU and third parties collaborating with the Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU shall exclusively own all known or later existing rights worldwide and shall be entitled to the unrestricted use of any video, film, footage, sound track recordings and photo reproductions of me and/or the undersigned minor children, and our names, and/or my narrative account of my experience at or with Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU for any purpose without compensation to me.

I agree that my consent and this release are irrevocable. I hereby release and discharge Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU and third parties collaborating with Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU from any and all claims in connection with the uses and reproductions of any video, film, footage, sound track recordings and photo reproductions of me and/or the undersigned minor children, and our names, and/or my narrative account of my experience with or at Team Irish MMA Inc., Gracie Barra Bangor LLC, and MARTIAL YOU as described herein.

I am the Mother/Father/Legal Guardian of (child's name(s)). For the consideration contained herein, I hereby consent to the foregoing on behalf of my minor child.

Parent/Guardian Signature _____ Printed Name _____ Age _____

Address _____ City _____ State _____ Date _____

Names and Ages of Minor Children:

Name: _____ Age: _____

Name: _____ Age: _____

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www.teamirishmma.com
www.martialyou.com

CAMP ORGANIZERS



Home of Professional MMA Fighter and UFC veteran Marcus "The Irish Hand Grenade" as well as several MMA champions, rising stars, and people who just want to get in shape while learning self defense.

We welcome students of all abilities who wish to train in mixed martial arts. If you want to be a competitive fighter, learn effective self defense techniques, or achieve your personal fitness goals, we have a program for you. Come in and check us out or contact us for more information. Our first class is always free!



Eduardo Benjamin is the head instructor of Gracie Barra Bangor Brazilian Jiu-Jitsu. 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.



MARTIAL YOU is a 501(c)3 non-profit organization that was formed to help promote and create access to quality 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 kids to become more involved and more engaging by providing a structured environment for learning which 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 can provide are within reach of everyone.