



2010 Rockies Kick!

Welcome!

Schedule:

Fri, 10/08/10

4:00PM	~ Check in time
	~ FREE TIME -- settle in, explore area (in groups)
5:20PM	~ Adult parent guide meeting
5:30PM	~ Orientation, safety rules, mixer game (retreat center)
6:00PM	~ Dinner
7:30PM - 7:40PM	~ Introduction
7:40PM - 9:00PM	~ Tae Kwon Do Session I (Sparring)
9:30PM -10:00PM	~ Black Belt meeting (retreat center)
9:30PM -10:00PM	~ Adult hang out time in retreat center
9:30PM -10:30PM	~ Kids games (board games in retreat center) (foosball, air-hockey, basketball in old dining hall) (dodgeball in chapel)
11:00PM	– Kids curfew

Colorado Blue Wave Martial Arts

Sat, 10/09/10

8:00AM	~ Breakfast
9:00AM	~ FREE TIME
9:30 am - 9:45 am	~ Introductions
9:45 am -noon	~ Tae Kwon Do Session II (Forms)
noon	~
noon -12:30 pm	~ Names in Korean and autographs with Grandmaster Kim
12:30-1:30 pm	~ Lunch
1:30 pm - 3:30 pm	~ Tae Kwon Do Testing (2nd to 6th Degree Black Belt)
3:30 pm - 4:00 pm	~ BREAK
4:00 pm - 6:00 pm	~ Tae Kwon Do Session III (Self-defense)
4:00 pm - 6:00 pm	~ (alternative) Climb rocks and explore area
6:00 pm	~ Dinner
7:30 pm - 8:30 pm	~ Martial memories/Meditation training (Retreat Center)
7:30 pm -10:30 pm	~ kids games (board games in retreat center) (foosball, air-hockey, basketball in old dining hall) (dodgeball in chapel)

(Retreat Center)

(Breaking/Targetting)

Sun, 10/10/10

11:00PM	– kids curfew
8:00AM	~ Breakfast
9:00AM	~ FREE TIME
10:00AM ~ 12:00PM	~ Tae Kwon Do Session IV cane-forms
	Warm-up
	Kicking
	Cane-forms I and II Master Kluzek
	Warm-down, stretching – Master Kluzek
12:30PM	~ Lunch
	~ FREE TIME and Clean-up!
2:00PM	~ Leave



Your Leaders

High ranking Black Belts:

Grandmaster D.H. Kim,	9 th Dan
Master Erik Kluzek,	5 th Dan
Master Jim Goldsmith	5 th Dan
Mr. Rod Preble	4 th Dan
Mr. Heathman,	4 th Dan
Mr. Pablo Machado	4 th Dan
Mr. Joel Wagner,	4 th Dan
Ms. Outi Gomez,	3 rd Dan
Ms. Sherrel Price	3 rd Dan
Ms. Marianne Stenhouse	3 rd Dan

1st and 2nd Degree Black Belts:

Mr. Mark Bradford	2 nd Dan
Mr. Derick Voight	2 nd Dan
Ms. Angela Martinez	2 nd Dan
Mr. Peter Nelson	2 nd Dan

Junior 1st Degree Black Belts:

Mr. Ian



Behavior Contract for Children and Youth (Under 18 years old)

Please check that you and your child understand the following:

- ☐ Alcohol will NOT be consumed at the event.
- ☐ Illegal drug use or illegal activities are not allowed and will be reported to authorities.
- ☐ Fireworks are NOT allowed.
- ☐ Firearms or hunting are NOT allowed.
- ☐ Campfires, or use of fire will depend on fire danger level and may be prohibited.
- ☐ Children 10 and younger need to be accompanied by a parent/guardian (or designated adult).
- ☐ Children 11 and older can attend with parental permission.
- ☐ Curfew for children is 11:00pm at night – in your rooms or cabin and lights out!
- ☐ Repeated, unsafe behavior will cause you to be ejected from camp without refund.
- ☐ We, ask you NOT to use offensive language or tobacco at group events.
 - ☐ This is a family camp with children.
- ☐ Children must be supervised at all times because of the inherent dangers of the outdoors, the potential for drowning in streams, and the lack of immediate medical care.
- ☐ Violation of any of the above will cause you to be ejected from camp without refund.
- ☐ Children and youth – stay in pairs
- ☐ Tell your parent or responsible adult where you are going
- ☐ Stay in your room, or rooms with other kids and adults (preferably at least 2-adults, and 3-kids)

Behavior for Adults

- ☐ Alcohol will NOT be consumed at the event.
- ☐ Illegal drug use or illegal activities are not allowed and will be reported to authorities.
- ☐ Fireworks are NOT allowed.
- ☐ Firearms or hunting are NOT allowed.
- ☐ Campfires, or use of fire will depend on fire danger level and may be prohibited.
- ☐ Repeated, unsafe behavior will cause you to be ejected from camp without refund.
- ☐ We, ask you NOT to use offensive language or tobacco at group events.
 - ☐ This is a family camp with children.
- ☐ Violation of any of the above will cause you to be ejected from camp without refund



What you can't do:

- Please do not bring any alcoholic beverages, illegal drugs or drug paraphernalia.
- Also, firearms, ammunition, and fireworks are prohibited.
- No smoking inside buildings or rooms.
- Please don't litter or leave a mess.
- There is NO cell-phone reception (the main office phone is 303-747-2888)
- No pets are allowed.
- No candles in sleeping areas.
- No food in sleeping areas or cars (to prevent
- Vandalism, property damage, or graffiti will be reported to Camp authorities

What to be ready for:

- The training floor is lightly carpeted, and we may do activities outside – consider bringing training shoes.
- Outside temperatures around 40-50° F daytime to below freezing at night.
- Likely to be a few inches of snow on the ground outside.
- Please help us to clean our areas when leaving (there is an additional cleaning fee if we don't)
- Altitude of 8500 feet – drink lots of water!

What to bring:

- Warm clothes and extra clothes, be sure to have a warm coat (warm hat and gloves wouldn't be bad either)
- Pants, boots and clothes to hike in (if you want to check the area out)
- Comfortable clothes to play games in (basketball, dodgeball etc.)
- Pajamas or clothes to sleep in (most rooms will be shared)
- Personal toiletries (toothbrush, toothpaste, deodorant, dental floss, comb, brush etc.)
- Tae Kwon Do uniform(s)
- Any sparring equipment that you like to use (shin pads etc.)
- Shoes you can work out in (see first bullet in above section)
- Cane or stick for Sunday morning training
- Snacks to share (note the camp center has juice and fruit available at all times)
- Camera
- Any medications you need to take, or may need (asthma inhaler etc.)
- *Bring bedding (or sleeping bag) (if staying in cabins rather than retreat center)*
- *Towels, shampoo, and soap (if staying in cabins rather than retreat center)*
- A smile, and a good attitude to work hard and do your best!

What NOT to bring:

- Expensive electronic items (gameboy, Nintendo DS etc.) we won't have good places to secure them
- Cell phone (there's no reception in the area)!
- Snacks or smellables that you leave in your vehicle (there's bears in the area – they will rip your car open to get them)!



Third Degree Black Belt Mr. David Curtis – in Memoriam

Mr. David Curtis was the main instructor over the COBWAMA Basement TKD classes, until he passed away on January 21st, 2008. Some of you knew him from COBWAMA classes, and some of you remember him from TCS seminars or from last years Rockies Kick seminar which he attended with us. Rockies Kick was the last Tae Kwon Do event that David attended, as he was already sick at that point. Part of what we want to do at this event is to remember David for the great man he was. Mr. Curtis was a 3rd Degree Black Belt in Tae Kwon Do Chung Do Kwan Schools (TCS). He trained for seven years in California before moving to Colorado. He trained in the martial arts for 14 years. He also trained for 5 years in Kung Fu.

Mr. Curtis always put his utmost energy into his classes. He was an extremely dedicated student and always put his entire effort when demonstrating techniques for students. At the same time he was very patient, compassionate and understanding working with beginners.

Getting sick and advancing to 3rd Dan

Before Rockies Kick 2007 David was already ill, and he wasn't able to participate much. But, he came, had a good attitude and took pictures of events as well as participating in the forms clinic, and in discussions. Shortly afterwards he had to have surgery, and a complication of the surgery was a blood-clot to his liver. The liver failed, and eventually the kidneys went into temporary failure, and the only way to save him was a liver-transplant. But he continued to have infection and wasn't able to qualify for a transplant. The doctors finally had nothing more they could do for him, and he was sent home with Hospice care on Thursday, January 17, to enjoy his last days in the comfort of his own home.

On January 18th 2008 he was advanced to 3rd Degree Black Belt. It was my utmost privilege and honor to give him his certificate and shake his hand in congratulations for this representing both Colorado Blue Wave Martial Arts and Tae Kwon Do Chung Do Kwan Schools. The required time for advancement from 2nd to 3rd is 3 years and David exceeded that by almost a year. Personally I wanted him to advance sooner and we talked about having him advance last November. Even though I felt he was ready -- he was reluctant to advance. But, he had worked hard on his forms, kept training, and had started teaching students all of whom were doing excellent. So although the official certificate will have to say "Honorary" (because he was unable to do the physical requirements) -- in my mind and heart David was a full-fledged and well deserving 3rd Degree Black Belt. And we congratulate him in spirit and rejoice in his achievement in Tae Kwon Do Chung Do Kwan.

I was honored to be able to make that presentation to David that Friday at his home -- before he passed away. I was again impressed with his character when he didn't want us to do that. I literally had to convince him he deserved it, and it was something I wanted for him long beforehand. I recently had a phone call from someone who wanted to become black belt as quick as possible. In contrast we have David who had high standards and lived as a black-belt -- not just around his waist -- but in his heart and mind as well; and did his best to fulfill those high standards and inspired those around him. After we shook hands (in good Korean martial form with his left hand under his elbow) at presenting him with his belt and certificate -- with tears in his eyes David said he was proud to be part of Chung Do Kwan. And David we are indeed all proud you have been part as well.



How to contribute to his memory.

With David's ordeal in the Hospital, it brings home to me the importance of staying healthy, checking in with the Doctor regularly, giving blood, and also being an organ donor.

Stay healthy

Although we can't say if David's condition could have been prevented earlier -- we can say that having the doctor check you out and having regular testing done -- is a good thing. David also stayed healthy with his martial art training -- which helped but no one thing will cure everything. Eat right, take supplements, exercise, and see the doctors you need to.

Give Blood

David's condition also brings home the need to give blood. David went through gallons of donated blood through his ordeal -- and it underlines the critical need there is to donate blood to folks.

Become an organ donor

Finally, although David wasn't able to take advantage of an organ donation of a liver -- other folks would be able to. Simply by donating organs after your death -- you could save someone that others care for as much as David. Check yes for organ donation on your driver license and let your loved ones know you'd like to do so.

The COBWAMA David Curtis Memorial Scholarship fund

We have started a scholarship program to help pay for students in need see our web-site <http://www.coloradobluewave.org> for more information. Through the scholarship fund we were able to help pay for five kids and parents to attend this years seminar.



Name:

1. My main goal – I'd like to accomplish this weekend:

2. A martial Artist Friend of mine that passed away that I'd like to remember is:

3.

4. Circle your first choice for the Sunday morning Session

- Kicking
- Cane forms
- Stick self-defense
- Knife self-defense
- Gun self-defense

5. We will have a question and answer session with Grandmaster Kim on Saturday. A question I'd like to ask Grandmaster Kim is: