

Wednesday, October 5, 2016

Dear Campers,

Congrats! You are now registered for Martial Arts Camp 2016 up North. Please feel free to email me (Sr. Master Landgren Lee) with any specific questions or concerns you might have to [leesatamartialarts@gmail.com](mailto:leesatamartialarts@gmail.com). I will respond to all emails promptly. You may also call our staff at 480- 831-1111 at any time Monday-Friday 8am-4pm with questions.

*Please note that if you have not already completed your payment in full, you are required to do so within the week that camp takes place. You may call your payment in at any time.*

Here is a little information for those who have never been to camp before.

**Location:**

Camp Shadow Pines  
300 Hwy 260, Heber, AZ 85928

To see photos of camp and read about the facilities go to [www.campshadowpines.com](http://www.campshadowpines.com). This is a beautiful camp with great food. If you are driving please pay attention to a small town named Star Valley. After you go through Payson you will drive down a hill. At the bottom of the hill the speed changes to 35 mph and there are speed trap cameras. When you see mile marker 300 you will turn left into the camp.

**Sleeping Arrangements:**

We will be sleeping in heated buildings with rooms that have 2 bunk beds per room. Basically, there will be 3 to 4 people in a room. All men will be in one building and all women will be in another attached building. There are private stall showers in the heated building.... No worries, there is ample hot water. You will be required to bring your own sleeping bag or blanket and pillow, along with your own towel, shampoo and toiletries. Families with small children will be placed in a separate "family" dorm with parents and their children. We encourage older children to share the boys or girls dorm with their same age friends to feel more independent.

**Clothing:**

Camp is located in the Arizona High Country so campers should bring gloves, hats, coats, sweatshirts and long pants. We will do a bon fire and some other night activities outside. Although it is still warm right now, the weather can change quickly. I recommend checking [weather.com](http://weather.com) for Heber, Arizona a few days out to know the high and low temperature. The Average High is 70\* and the Average Low is 40\*. Our activities are inside and outside. Taekwondo campers should wear long pants only, no shorts please. Traditionally we only wear black or dark colored pants.

**Food:**

We will have 3 meals per day, but I recommend bringing some snacks for late night or just to munch on between classes if you tend to get hungry. I expect we will burn 3000 – 4000 calories per day. Please bring a wide-mouth water bottle so that you can refill from the water source. Dessert is served with dinner, but if you really like sweets there is an ice cream shop with ice cream available for purchase.

The menu and Agenda is attached below. Please advise camp staff of food allergies or special meal requirements.

**Accountability:**

All campers will be divided into squads of 11 people. Each squad will have a high ranking adult experienced camper as the squad leader. There will be 7am line up and roll call every day when the squad leader will make sure that all campers are present. We will do squad line up again before lunch and after lunch...before dinner and after dinner and again before bedtime. We will be doing scheduled activities until 8:30 or 9:30 each night and then there will also be room checks at 10:30 pm.

**Taekwondo Gear:**

Each camper should bring the gear appropriate for the classes they selected. If a camper selected sparring, then they should bring all required equipment. If a camper selects Xtreme Weapons they should bring at least one weapon of their choice. NO UNIFORMS ARE REQUIRED. For the Traditional Weapons section, please bring at least one weapon. If you have 2 favorite weapons, I would recommend bringing more than less so you have choices. *(Class options are listed below but you are not required to let us know ahead of time what classes you will be taken since most people end up changing things up while we are there anyway.)*

**Transportation:**

If you are travelling in the 15-passenger vans leaving from the Chandler Academy located at 610 N. Alma School Rd. #32 Chandler, AZ 85224, please arrive by 2:45 pm so we can depart as close to 3pm as possible.

There are some individual cars leaving later, but the organized transportation has the schedule listed above. If you signed up to be on a bus, please communicate with us if you are late for some reason or if you decided to take alternate transportation. We will be very concerned for those who paid and are on the list but do not show up.

**Emergency Numbers:**

If you get lost driving to camp or have an emergency need to reach a camper you can call these numbers at any time day or night.

Sr. Master Landgren Lee (602) 510-7206 Mr. Landgren Lee (602) 510-7206

Or the Camp Shadow Pines Director: Valente Jacobia (602) 315-7755

There will be medical staff available in case of emergencies or for medication supervision

Please send a written note listing any other information that will be useful in helping your child to enjoy their camp experience. Emergency Numbers, etc.

Get ready for a life changing weekend!! I cannot wait to workout with you, laugh with you and get to know you all better.

Sincerely,

*Sr. Master Landgren Lee*

## American Ninja Warrior Camp Agenda - October 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> Heber, Arizona

### Friday, Oct. 7<sup>th</sup>

- 3:00 pm - Bus leaves 610 N. Alma School Road #32, Chandler, AZ with all prepaid/reserved students.  
3:00 pm - Registration Desk Opens at Camp Shadow Pines in the Cafeteria and Dorm Move-In  
5 – 6pm Dinner: Chicken Tetrizzini, Vegetables, Garlic Bread, Salad, and apple turnover  
7pm Line Up and First Welcome Workout  
8pm – 9pm **Block 1 Choices:** Jeet Kun Do, XMA Tricking, Taiko Drum 1 – Adults, Flexibility and Stretching, Surviving an Active Shooter, Jahng Bong or Round Kicking  
9pm – 9:30 Squad Meeting with Squad Leaders to prepare for American Ninja Warrior Competitions  
10pm - 10:15pm Dorm Meeting with Dorm Leader

### Saturday, Oct. 8<sup>th</sup>

- 6:00 am Optional Song Ahm Star in the Gym  
7:00 am **Block 2 Choices:** Jeet Kun Do, Combat Sparring, Side Kicks, Fit Test, Board Breaking, Agility Training, Tai Chi and Taiko Drum 1 – Kids  
8am – 9am Breakfast: Eggs, Sausage Patty, English Muffin and fresh fruit plus hot and cold cereals  
9:30 – 10:30 All Color and Black Belt Traditional Forms  
10:45am – 11:45 All Competition Protech Weapons  
Noon Lunch: Gilled Ham/Cheese Sandwiches, Tomato Soup, Tater Tots, and Brownies  
1pm – 2pm **Block 3 Choices:** CM Raimondi Sword, XMA Adults Open Hand, Krav Maga, Leadership/ Team Building, Board Breaking, Master Ceremony and TKD History, Taiko II – Kids  
2:15 – 3:15 pm **Block 4 Choices:** CM Raimondi Sword, XMA Weapons Kids, Front Kicks & Crescents, Intro to Competition, Mixed Martial Arts, Regional Volunteerism, Taiko II – Adults  
3:15pm FREE TIME: Basketball, Tether Ball, Hike, Hay Ride, Movie, Playground, Game Room, sleep☺  
5 – 6pm Dinner: Bean/Beef Tosatada, Spanish Rice and Churro  
6:15 Line Up in the Gym – American Ninja Warrior Competition  
7pm – 8pm **Block 5 Choices:** CM Raimondi Sword, Combat Sparring, Thriller MA Demo, Dynamic 1-Steps, Creative Forms, Nutrition, Taiko II  
8:15 pm Bon Fire and Story Telling with Snacks

### Sunday, Oct. 9<sup>th</sup>

- 7am – 8am **Block 6 Choices:** Demo Team, Sparring, Knife Defense, Warrior Xfit, TKD Hand Techniques, Ssahng Jeol Bong Tricks, Meditation and Tea Ceremony, Taiko I Kids  
8am – 9am Breakfast: French Toast, Strawberries, Whip Cream, Bacon and Fresh Fruit, Hot and Cold Cereals  
9am – 9:30 Move Out of the Dorms  
9:45am – 10:45 **Block 7 Choices:** Traditional TKD, XMA Tricking & Combos, Mixed Martial Arts, Judging Clinic, Martial Arts Kid – Movie, Taiko II  
11am – noon **Block 8 Choices:** Warrior Partner Bag Combinations, Forms Open Workout, Tournament Sparring, Time Keep/Score Keep and Board Breaking , XMA Forms Kids, Taiko III  
Noon Lunch: Outdoor BBQ, Hamburgers, (Veggie Burgers), Hot Dogs, Macaroni Salad, Chips and Cookies  
1pm – 2pm American Ninja Warrior Squad Competition, Award Ceremony and Closing Ceremonies  
2pm Camp is Dismissed  
2:30 Bus Leaves for Alma School, Chandler with estimated arrival at 4:30 pm

\* Class Choices subject to minor changes and additions. Please bring all gear for the classes you would like to take.

\*\* Don't forget water bottle, flash light, extra snacks of choice, pillow, sleeping bag, towels, toiletries, warm clothing

## **SUGGESTED PACKING LIST:**

- Black pants/ workout pants
- At least 2 shirts per day if you sweat a lot
- Sweatshirt
- Warm hat for night
- 2 pairs of shoes/socks in case one gets wet
- Gloves
- Sleeping bag
- Pillow
- Towel
- Shampoo
- Soap
- Camera
- Sun Screen
- Sun Glasses
- Flash Light
- Water bottle (refillable wide-mouth)
- Gear/weapons appropriate for classes selected
- Any medication necessary

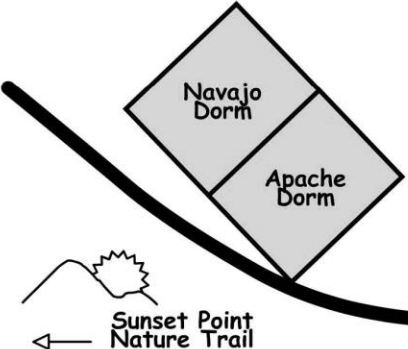
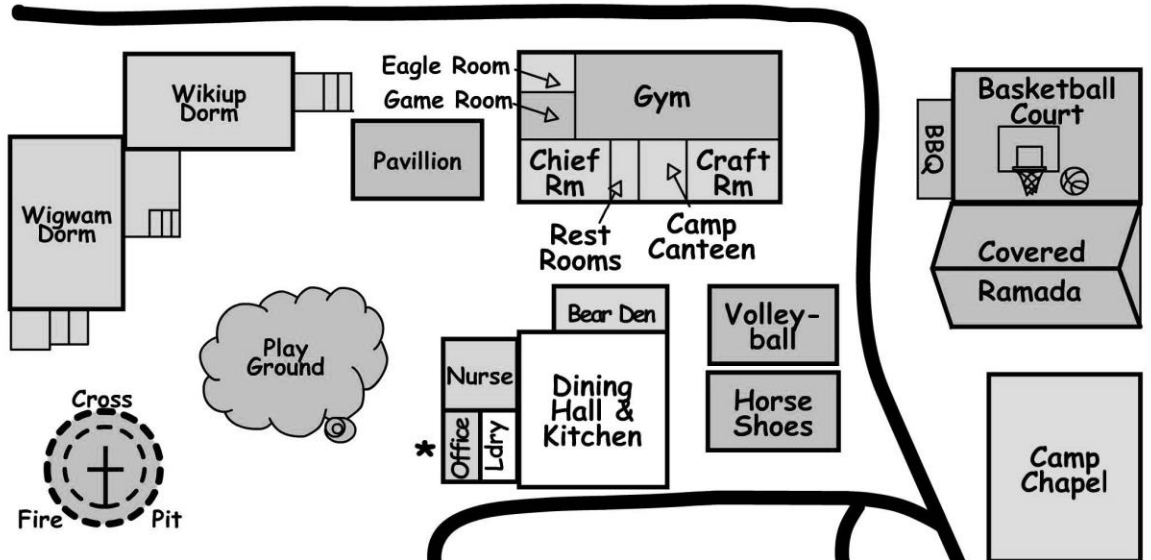
\*Camp Office

Nature Trail ↗

Football Field  
(coming fall 2016)

Football Field

↑  
Heber  
4 miles



←  
Sunset Point  
Nature Trail

Geronimo Dorm

Kachina Dorm

★  
DPS

Mile  
Marker  
300

Powwow  
Fire Pit

Staff

Manager

Zuni  
Bunk House

Hopi  
Bunk House

● RV Dump

Guest House

S  
t  
a  
f  
f

Staff

Kiva  
Bunk House

↙ RV Area - 7 Spaces ↘

↓  
Payson  
48 Miles

# Camp Shadow Pines

(Updated Feb 2016)

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