



TEAM USA TRAINING CAMP 2011 NEW ZEALAND BOUND! JAN 21—23

The JONES DOJANG

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Team USA Training Camp in Odessa, TX. Come out and meet new friends and increase your skills with USA Team Veterans and Coaches.

In August 2009, the Jones Dojang hosted its first Team USA Training Camp. Our instruction and coaching staff included 10 World Championships of experience and over 25 Degrees of Black Belt Savvy! Those instructors in attendance included: Master Oscar Jimenez—VII Dan, Midland Texas, Travis Young—VI Dan, Austin Texas, Steve Cross—V Dan, Midlothian Texas, Titus Durojaiye—VI Dan, Florida, Steve Winner—III Dan, Phoenix Arizona, and many more. There was even an optional Yoga class conducted to make sure everyone was properly stretched to start the day taught by Lori Edwards—II Dan. Participants came from all over, including North Carolina, Texas, Florida, New Mexico, and Arizona.

Training included the following: instruction for being prepared at a world class level which involves sparring, patterns, power breaking and specialty breaking. We also covered the rules and regu-

lations with each specific event. The camp instructors covered drills and ideas to help sharpen skills and produce the most effective way to adequately prepare the USA Team for the competition of a lifetime. The resources provided by the 5,500 sq/ft Jones Dojang met the challenge well by providing the athletes with many amenities such as: Large open training floor, 42 inch Flat TV (nicknamed the KO channel for training footage review), heavy bags, plenty of focus mitts, full contact kickboxing training room and boxing ring, agility ladders and cones, and Top Ten Pro Shop for all your official ITF gear needs. Additional equipment for this years camp will include 5 power breaking stations.

This camp session promises new guest instructors and a wider variety of skills to practice. We hope to see you here in Odessa for Team USA Training Camp 2011



9 - 13 MARCH 2011

Count Down
to USA Glory
118 Days

Schedule of Events (subject to change)

1:30 pm Meet at The Jones Dojang Patterns, Team Patterns 4:00 pm Sparring 5:00 pm Breaking	Jan, 21
9:00 am Yoga 10:30 am Patterns and Sparring 1:30 pm Breaking / Team Patterns 2:00 pm Target Practice 3:00 pm Patterns / Team Patterns 4:30 Sparring	Jan, 22
10:00 am Individual Needs Practice 12:30 pm Farewell	Jan, 23

Open to USA Team Members and Athletes 13 years old and over.

On a tight budget? No problem, sleep over at Jones Dojang. Enjoy a break on your training budget without sacrificing what counts the most.

The Jones Dojang realizes that the cost of the New Zealand trip is quite high and many would like to come train but are worried about the cost of lodging while in Odessa. The Jones Dojang would like to mention that the MCM Elegante is the very best in west Texas and will be giving discounts to our group. If you choose to stay at the MCM

Elegante, please stand by for discount deals coming your way.

Those that are on a budget and truly LIVE and SLEEP Taekwon-Do, may sleep over at The Jones Dojang. Bed rolls and sleeping bags are recommended, however are optional when it's quitin' time due to exhaustion.

I'm sure everyone will train so hard that at the end of the day where ever you fall will do fine. We won't mind if you borrow an old punching mitt for a pillow and find you slumbering away with a smile on your face. Showers and transportation can be worked out upon request. Just let us know what we can do to help your stay enjoyable.

Hotel Info:

MCM ELEGANTE

4 STAR HOTEL

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