

Black Belt Camp – Fall 2023

Sam A. Baker Park

Saturday, October 28th to Sunday, October 29th

Leave Black Belt Academy at 2:00 p.m. Saturday

First line-up at Camp 3:30 p.m.

Cost (Includes campground, food, camp packet and testing fees) \$125

You will need:

Tent	Sleeping Bag	Pillow
Black Kicking Pants (2)	Sturdy Shoes*	Towels
Soap	Personal Items	Snacks
Forms Book	Jahng Bong**	Bahng Mahng Ee**
Camp Chair	Water Bottle	Hat

High Energy and Positive Attitude!

*Sturdy shoes to work out in, and/or also a pair that can get wet.

**If you have them. If not, the school will provide them.

We work out in ANY weather – hot, cold, wet, dry! Dress accordingly – coats, hats, gloves!

BLACK BELT ACADEMY OF POPLAR BLUFF

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