

## **2026 Winter Training Camp**

# **Focusing on the Essence of Tae Kwon Do Judo Self-Defense**

Seminars Customized to your Belt Rank

**Saturday  
February 21, 2026**



Location

**Redeemer School Gym  
205 Hudson St.  
Green Bay, WI**

**(920) 434-2326**

**[kimstkdgb@gmail.com](mailto:kimstkdgb@gmail.com)**

# SATURDAY 2/21/2026 - TRAINING SCHEDULE

8:45 AM	Check-in at the Blue Table in the gym. Check off your name. Register with Master Penny if needed. Snacks & Drinks in the Main Hallway. Keep your glass for drinks during the breaks.	
9:00 AM	Line Up By Belt Rank - Welcome by Master Penny Duggan & Seminar Leaders - Group Photo	
9:15 AM	TKD Forms & Breaking White Belts & Yellow Belts	Master Penny Duggan(7) & Master Dave Duggan(6)
9:15 AM	TKD One-Step & Free Sparring Green, Blue Tips & Blue Belts	Master Joe Widi(4) & Assistant
9:15 AM	Self-Defense Brown Belts & Brown Tips	Master Mike(6), Master Mark(6), Master Brian V(6)
9:15 AM	Judo Falling, Throwing & Finishes Black Belts & Black Tips	Master Ed Manning(5), Master Rhonda Manning(5)
10:15 AM	TKD Forms & Breaking Green Belt, Blue Tips & Blue Belts	Master Penny Duggan(7) & Master Dave Duggan(6)
10:15 AM	TKD One-Step & Free Sparring White Belts & Yellow Belts	Master Joe Widi(4) & Assistant
10:15 AM	Self-Defense Black Belts & Black Tips	Master Mike, Master Mark, Master Brian V – all (6)
10:15 AM	Judo Falling, Throwing & Finishes Brown Belts & Brown Tips	Master Ed Manning(5), Master Rhonda Manning(5)
11:15 AM	Lunch Provided - Wash Hands & Use Hand Sanitizer. Put garbage in Trash Bins.	
11:45 AM	TKD Forms & Breaking Brown Belts & Brown Tips	Master Penny Duggan(7) & Master Dave Duggan(6)
11:45 AM	TKD One-Step & Free Sparring Black Belts & Black Tips	Master Joe Widi(4) & Assistant
11:45 AM	Self-Defense White Belts & Yellow Belts	Master Mike, Master Mark, Master Brian V – all (6)
11:45 AM	Judo Falling, Throwing & Finishes Green, Blue Tips & Blue Belts	Master Ed Manning(5), Master Rhonda Manning(5)
12:45 PM	TKD Forms & Breaking Black Belts & Black Tips	Master Penny Duggan(7) & Master Dave Duggan(6)
12:45 PM	TKD One-Step & Free Sparring Brown Belts & Brown Tips	Master Joe Widi(4) & Assistant
12:45 PM	Self-Defense Green, Blue Tips & Blue Belts	Master Mike, Master Mark, Master Brian V – all (6)
12:45 PM	Judo Falling, Throwing & Finishes White Belts & Yellow Belts	Master Ed Manning(5), Master Rhonda Manning(5)
1:45 PM	Close Camp – Closing Comments	Master Penny Duggan

**Seminar Location: 1<sup>st</sup> = Gym Front, 2<sup>nd</sup> = Gym Middle, 3<sup>rd</sup> = Gym Back, 4<sup>th</sup> = Class Room**

**Seminars will end 5-10 minutes early for bathroom, snack, or drink break.**

## MISSION

-To promote the essence of Tae Kwon Do, Self-Defense & Judo.

## OBJECTIVE OF THE CAMP

- To provide a martial arts training environment that is stimulating, recreational and fun.
- To inspire, motivate and enlighten our students in this accelerated learning environment.
- To share our martial art skill and techniques with other members of our organization.
- To help students prepare for rank tests, tournaments and leadership roles.

## GUIDELINES

1. All participants must sign waiver and pay registration fee.
2. All participants must represent Kim's TKD in a professional manner.
3. Dress Code: A traditional white uniform must be worn to all seminars.
4. Seminars will start and end on time. Everyone must attend seminars by participating or watching.
5. Lunch included with camp registration.
6. Assistant Coaches will move to a different seminar each hour.

## INVITATION

Master Penny invites all belt ranks to enhance your training and get a refreshed new perspective on improving your technique. High Masters will share their wealth of knowledge, and be assisted other Masters & Head Instructors.

## WHAT TO EXPECT at Training Camp

- Head Instructors will Introduce New Teaching Methods to Keep Seminars Fresh
- Head Instructors will Introduce New Techniques from Previous Camps
- Head Instructors will Advance your Existing Technique

## SEMINARS

- Seminars are organized by belt rank for a greater learning experience.
- Accelerated learning is achieved by training with Masters and Head Instructors.
- Seminars customized to your rank & ability.

**TKD Forms & Breaking:** Focus on Form Technique, Rhythm and Timing.  
Focus on Breaking Technique; Setup, Execution, and Follow Through.

**TKD One-Step & Free Sparring:** Focus on Step-Sparring; stances, blocks, hand & foot combinations. Focus on Free Sparring; offensive and defensive sparring strategies.

**Self-Defense:** Focus on Self-Defense against grabs, shoves, chokes, punches, kicks, gun, knife, club, etc. Learn how to use your voice, how to stop the attack, how to defend, how to apply finishing holds, arm-bars, and chokes. Multiple Attacker Defense for high belts.

**Judo:** Focus on Falling & Throwing. Learn how to throw opponent with hip, shoulder and leg. Black Belts learn dynamic throws and how to transition into a Judo finish.



# KIM'S TAE KWON DO CENTER, INC.

CAMP WAIVER MUST BE SIGNED BY ALL STUDENTS, LEADERS AND COACHES – NO EXCEPTIONS

Saturday, February 21, 2026

NAME(S) \_\_\_\_\_ Age(s) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/ST/ZIP \_\_\_\_\_ Your Rank(s) \_\_\_\_\_

PHONE \_\_\_\_\_ Email \_\_\_\_\_

YOUR HEAD INSTRUCTOR \_\_\_\_\_

## INDEMNIFICATION AGREEMENT

The student's rights under this agreement may not be assigned to any other person.

In consideration of being accepted as a participant in the Kim's Tae Kwon Do Center, Inc. Martial Arts Training Camp, held February 21, 2026 the adequacy of which is hereby acknowledged, of Kim's Tae Kwon Do Center, Inc., I, my heirs, executors, and/or assigns, herewith indemnify, defend and hold harmless, David Duggan, Penny Duggan, Kim's Tae Kwon Do Center, Inc., its officers, employees, agents, from any and all liabilities arising from any past, present, or future injury or loss sustained by me while taking instruction, seminar participation, demonstration participation, tournament participation, and camp event participation, from Kim's Tae Kwon Do Center, Inc., Green Bay, WI.

The undersigned is aware that the program of instruction, study and participation presents a possible risk of physical harm. The undersigned is aware that he/she may injure himself/herself or may be injured by students, instructors, equipment, or others. The undersigned is aware of the risk that any part of his/her body or any of his/her systems may be hurt or injured. The undersigned hereby acknowledges that he/she knowingly and voluntarily assumes any and all risks of bodily injury while participating in the above mentioned Martial Arts, TKD, Judo, and Self-Defense Training Camp.

The above constitutes our complete agreement and we shall not be bound by any verbal modification unless it is written into this agreement before it is signed. Non-cancelable.

Penny Duggan  
Penny Duggan - President  
Kim's Tae Kwon Do Center, Inc.

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent  
and/or Guardian (if under 18)

EARLY BIRD CAMP FEE \$60.00 (IF PAID BY 2/13/26) \$70.00 IF PAID AFTER 2/13/26

Cash \_\_\_\_\_ or Check # \_\_\_\_\_ No Fee for Masters/Head Instructors \_\_\_\_\_

### Mail Registration Form To:

Kim's TKD % Penny Duggan 315 Whispering Creek Ct. Green Bay, WI 54303

Redeemer School, Enter Front Door (West Side of Building) or the Blue Door with Canopy (East Side of Building)

Shoes are not allowed on the mats. Put all garbage into trash bins.

Do not put coats or duffle bags on bleachers, place your items in lockers or South Door Vestibule.

Bleachers are for guests watching the camp, not for your gear.