

Dear KMAC,

I would like to give thanks to everyone who had given me a very special donation towards my Standford camp. And also, thank you Grand Master Jung for giving me my new set of sparring gear. The very moment I found out I was going to have an opportunity to attend this camp, got me excited. The chance to meet new people from around California, the whole country, and around the world. Everything was more than what I expected, which made the experience even more fun. My fellow campers and coaches were great, and even the food was great!

Everyday there were coaches that helped around on the mat. Coach Ha is one of the coaches from the National Chinese Taipei Team. Coach Tim Ghormley is the director and coach of the Stanford Taekwondo program. It's funny that at one time, long(LONG)time ago, Coach Ghormley was my step-fathers' (David Mangonon) coach. If you didn't know already, Coach Ghormley and Grandmaster Jung are brother-in-laws. And finally Coach Kent Kitagawa, who directed each mornings crazy conditioning sessions (a.k.a Coach K challenge). Coach Ha also brought along 3 of the National Chinese Taipei members from Taiwan. There were 5 team leaders, team Yellow was lead by Markie Keelin (which was my team), team Silver, lead by James Howe, team Green, lead by Thomas Lee, team Red, lead by Jesika Torres, and last team Blue which was lead by Maia Eubanks. These leaders are all national Olympic winners. I met so many people from Florida, Georgia, Arizona, and a lot from California! It was nice to meet more people that enjoy the life of Taekwondo like me! I enjoyed every second of this camp.

After the first day, I understood the daily routine and how tough and fun this camp would be. Every day we first would have to run at 6:30 in the morning, meaning getting up at 5:30 am just to get ready. That was really hard to do! After our run, we had conditioning, with Coach Kitagawa. Conditioning was difficult and intense. I never felt my muscles ache like that. We learned a variety of warm ups that I'm dying to go over with the kids at K.M.A.C,. *In addition to that, at the end of the camp, our very own Haley Kong received the Coach K conditioning award which goes to the camper who the staff and leaders felt was the best conditioned boy/girl athlete. Go Haley! * Breakfast at the dining hall would be waiting for us after conditioning. After breakfast we had about an hour break before we would get ready for our morning practice with Coach Ha and Coach Ghormley, This practice was usually around an hour and a half to two hours of intense training. It focused on technique and strategy for competition. When we were done, we would walk back to the dining hall again for lunch. After lunch was the last practice of the day. Probably at this point, my best friend in the world was ice. The positive influence by the coaches and campers helped me through each workout but I feel it was Grandmaster Jung's teaching through this past year of training, especially, his "if you're tired you lose" workouts which gave me the spirit to continue even when I was dead tired. I've only been practicing since May 2007 and Grandmaster Jung really gets the best out of me. I felt that pride in myself and our school is something

that made me go and not quit. After the last practice we had free time or some activity like dodge ball, swimming, watching movies, a trip to the beach, or maybe just a walk to Jamba Juice or the Stanford Bookstore with my friends. This routine went on for 6 days straight and at the end I still wanted more. I was having a great experience!

Stanford Camp definitely improved my off the line kick, fast kick (front leg roundhouse) and doubles. The coaches worked on a variety of different kicks, motions and strategy that will help me become a better fighter. I know how to condition and warm up a specific part of the body. Just the conditioning alone has made me faster and stronger in less than one week. Once again, I want to let everyone know how special this camp was to me and that I really appreciate everyone's kind and special donations and I want to recognize it with a big THANKK YOUU!! I know I couldn't experience it without your help and it is something I will never forget.

Sincerely,
Mark Formalejo Jr.