

“Hi-yah!” The kihap is a sudden exhalation of breath that helps focus your energy and will. Many OGA campers took the use of this concept to heart while learning their jump-kicks, and it showed during the OGA/Aim High Martial Arts Exhibition. The week was spent learning the traditional Korean form, Kumdo 1, as well as covering the concepts of stranger danger, self-defense, and basic kicks. Many campers showed discipline and an intense desire to learn proper technique, impressing the OGA and Aim High staff. Of course, the highlight of the week for most campers was learning jump-kicks, and attempting to knock over the heavy bags at Aim High.

# 2009 Summer Camp Weekly Highlights



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Martial Arts  
July 20th—24th



OGA campers also worked to combine their gymnastics skills with kicking and punching—experimenting with the world of freestyle martial arts, and showing off their ability to cart-wheel or roll into a jump front or roundhouse kick.

Special thanks for this week goes to Aim High Academy of Martial Arts ([www.aimhighma.com](http://www.aimhighma.com)), the Aim High Demo Team, the 2009 Power Within Black Belt Candidates who performed Palgae 7 ([www.powerwithintest.com](http://www.powerwithintest.com)), Teacher Libbi for her demonstration from Tang Soo Do, and the family members who came out to support and participate during the Friday exhibition!