

FEBRUARY --- FINALS/BLACK BELTS

FIRST HALF OF CLASS---REGULAR WARM-UP WITH KICKING/HAND TECHNIQUE COMBO'S -BREAKDOWN OF EACH TECHNIQUE
 SECOND HALF OF CLASS---FOCUSING ON POOMSES AND S/D

MONDAY MAIN DOJANG 6-7PM		WEDNESDAY MAIN DOJANG 6-7PM		SATURDAY CLAYTON DOJANG 12-1PM
				IL/EE/SAM/SA KORYO S/D
IL/EE/SAM/SA & BLACK BELT POOMSES		HOW TO TEACH BASIC & ADVANCED TECHNIQUES		LONG WEEKND
LONG WEEKEND		STEPS 1-10 REFEREE POOMSE BASIC SPARRING KNOWLEDGE		OH/YUK/CHIL/PAL KORYO/KEUMGUM S/D
OH/YUK/CHIL/PAL & BLACK BELT POOMSES		OPEN CLASS WORK ON CHECKILIST ITEMS		CHECKLIST REVIEW
KICKING COMBO'S TARGET HOLDING		CHECKLIST REVIEW		