

TIME	SESSION/EVENT	INSTRUCTOR(S)	AREA	DESCRIPTION	Notes
8:00	Doors open				
9:00	Line up/Bow in		Main Floor		
9:10	Announcements	Master Miller			
9:20-9:30	Warm up and Dynamic Stretching				
9:30-9:45	Forms to the drum	KCN Strong			
9:45-11:40	TT/LD	9:45-10:10 Ms. P. Smith 10:10-10:35 Ms. J. Brown 10:35-10:45 Break 10:45-11:10 11:10-11:30			
9:55-10:40	Rank Hyung-9 <sup>th</sup> and 10 <sup>th</sup> Gup	Master Hicks	A	Traditional Tang Soo Do hyung instruction for the rank.	
	Rank Hyung-8 <sup>th</sup> and 7 <sup>th</sup> Gup	Master C. Smith	A	Traditional Tang Soo Do hyung instruction for the rank.	
	Rank Hyung-5 <sup>th</sup> and 6 <sup>th</sup> Gup	Master M. Haddock	B	Traditional Tang Soo Do hyung instruction for the rank.	
	Rank Hyung 4 <sup>th</sup> Gup	Mr. J. Henry	B	Traditional Tang Soo Do hyung instruction for the rank.	
	Rank Hyung 3 <sup>rd</sup> Gup	Mr. L. Haddock	B	Traditional Tang Soo Do hyung instruction for the rank.	
	Rank Hyung-2 <sup>nd</sup> Gup Bring bong	Master L. Oyen	C	Traditional Tang Soo Do hyung instruction for the rank. Empty hand and weapons.	
	Rank Hyung-1 <sup>st</sup> Gup Bring bong	Master O. Myszka	C	Traditional Tang Soo Do hyung instruction for the rank. Empty hand and weapons.	
	Rank Hyung-CDB Bring bong	Master D. Click	C	Traditional Tang Soo Do hyung instruction for the rank. Empty hand and weapons.	
	Rank Hyung-Cho Dan Bring bong	Master T. Oyen	D	Traditional Tang Soo Do hyung instruction for the rank. Empty hand and weapons.	
	Rank Hyung-E Dan Bring jang gum	Master T. Jones	D	Traditional Tang Soo Do hyung instruction for the rank. Empty hand and weapons.	
	Rank Hyung-Sam Dan Bring jang gum	KCN Strong	D	Traditional Tang Soo Do hyung instruction for the rank. Empty hand and weapons.	
10:45-11:30	Rank One-Steps (9-10 Gup)	Master T. Oyen	A	Traditional Tang Soo Do il soo sik (one-step sparring) instruction for the rank.	Need pads
	Rank One-Steps (7-8 Gup)	Master M. Hicks	A	Traditional Tang Soo Do il soo sik (one-step sparring) instruction for the rank.	
	Rank One-Steps (5-6 Gup)	Master M. Haddock	B	Traditional Tang Soo Do il soo sik (one-step sparring) instruction for the rank.	
	Rank One-Steps (3-4 Gup)	Master L. Oyen	B	Traditional Tang Soo Do il soo sik (one-step sparring) instruction for the rank.	
	Rank One-Steps (CDB-2 Gup)	Master O. Myszka	C	Traditional Tang Soo Do il soo sik (one-step sparring) instruction for the rank.	
	Cho Dan One-Steps	Mr. L. Haddock	D	Traditional Tang Soo Do il soo sik (one-step sparring) and e soo sik (two-step sparring) instruction for the rank.	

	E Dan and Sam Dan Two-Steps	Master T. Jones	D	Traditional Tang Soo Do E soo sik (two-step sparring) instruction for the rank.	
11:30-11:40	Line Up		Main Floor		
11:40-12:30	Lunch				
12:30-12:40	Line up/Brief warm up		Main Floor		
12:45-1:30	Close Quarters Defense	Mr. Jonathan Best	A	Enhance your self-defense skills by applying Tang Soo Do techniques to close-quarters combat. Learn how to effectively control space, redirect attacks, and utilize striking, joint manipulation, and movement strategies in confined environments.	
	Balance and Body Position in Tang Soo Do	Ms. J. Henry	B	Use the principals of Ki Gong to improve your balance and proper body positioning for executing powerful techniques, maintain control, and prevent injuries. This session will focus on stance stability, weight distribution, and dynamic movement to enhance efficiency in strikes, blocks, and transitions.	
	Dae Ryun based on Grand Martial Tradition-Dan ranks	KCN Strong	C	Explore how Ki Gong principles enhance Dae Ryun for practical self-defense. This session covers breath control, structural alignment, and energy flow to refine techniques and adapt them to various scenarios. Through hands-on drills, discover how traditional energy cultivation enhances dynamic self-defense applications.	
	Score Keeper/Timekeeper Instruction Brown belts and above, ages 16 and up	Master L. Oyen Master E. Click	D	Prepare to become a top-notch Score Keeper or Timekeeper! This lecture and discussion will cover key WTSDA rules to help you ace the test. Designed for brown belts and above, ages 16 and up, it is essential to review the <i>WTSDA 2022 Official Championship Rules (Judging Manual)</i> beforehand. Bring your questions and let us dive in! Access the rules at <a href="http://worldtangsoodo.com">worldtangsoodo.com</a> .	
1:35-2:20	Close Quarters Defense	Mr. Jonathan Best	A	Enhance your self-defense skills by applying Tang Soo Do techniques to close-quarters combat. Learn how to effectively control space, redirect attacks, and utilize striking, joint manipulation, and movement strategies in confined environments.	
	Balance and Body Position in Tang Soo Do	Ms. J. Henry	B	Use the principals of Ki Gong to improve your balance and proper body positioning for executing powerful techniques, maintain control, and prevent injuries. This session will focus on stance stability, weight distribution, and dynamic movement to enhance efficiency in strikes, blocks, and transitions.	
	Dae Ryun based on Grand Martial Tradition-Brown belts and above	KCN Strong	C	Explore how Ki Gong principles enhance Dae Ryun for practical self-defense. This session covers breath control, structural	

				alignment, and energy flow to refine techniques and adapt them to various scenarios.	
	Holding and Breaking Boards	Master T. Oyen	D	Mastering board holding is a crucial skill in Tang Soo Do—precision, stability, and teamwork make or break a successful strike! Get ready to refine your holding technique and put it to the test with a series of breaks tailored by difficulty.	
<b>2:25-3:10</b>	Improving Kicks	Master M. Hicks	A	Sharpen your kicks and refine your technique! This session focuses on power, precision, and control. Bring ankle weights if you have them for an extra challenge!	
	Dae Ryun Follow-ups	Master D. Click	B	Master dynamic one-step self-defense with powerful follow-ups and takedowns! Learn to flow from defense to control, ensuring effectiveness in real-world applications.	
	Judging Instruction Red belts and above, ages 16 and up	Master L. Oyen Master E. Click	C	Prepare to become a top-notch Judge! This lecture and discussion will cover key WTSDA rules to help you ace the test. Designed for red belts and above, ages 16 and up, it is essential to review the <i>WTSDA 2022 Official Championship Rules (Judging Manual)</i> beforehand. Bring your questions and let us dive in! Access the rules at <a href="http://worldtangsoodo.com">worldtangsoodo.com</a> .	
	Holding and Breaking Boards	Master T. Oyen	D	Mastering board holding is a crucial skill in Tang Soo Do—precision, stability, and teamwork make or break a successful strike! Get ready to refine your holding technique and put it to the test with a series of breaks tailored by difficulty.	
<b>3:15-4:00</b>	Improving Kicks	Master M. Hicks	A	Sharpen your kicks and refine your technique! This session focuses on power, precision, and control. Bring ankle weights if you have them for an extra challenge!	
	Dae Ryun Follow-ups	Master D. Click	B	Master dynamic one-step self-defense with powerful follow-ups and takedowns! Learn to flow from defense to control, ensuring effectiveness in real-world applications.	
	Bong Bunhae	Master M. Haddock Mr. L. Haddock	C	Applying the techniques found in hyung to self-defense situations.	
	Dan Gum Hyung	Master T. Oyen Master T. Jones	D	Learn the hyung! Dan Gym Hyung is required for progression from E Dan to Sam Dan.	12 years and above
<b>4:00</b>	Line up/Closing comments/Bow out	Master Miller	Main Floor		