

2003 BLACK BELT CLASS - TRAINING SCHEDULE

January

- Monday - 6 Kicking & Equipment Training
- Wednesday - 8 Sparring: *Point, Continuous, or TKD*
- Monday - 13 Basics & Forms: *Palgwe 1 - 8, Chumo 1 - 4*
- Wednesday - 15 Weapons: *Bo Staff or Escrima Sticks*
- Monday - 20 Kicking: *Basic, Pop-Up, Jump, & Combination*
- Wednesday - 22 Sparring Drills (Sparring Equipment Required)
- Monday - 27 Advanced Forms: *Koryo, Keum Gang, Tae Baek, Pyong Won, Sip Jin, Ji Tae, Kenpo Master Form*
- Wednesday - 29 Self-Defense: *Semi-Circle, Running the Line, Dummy, & 3-man Drill*

February

- Monday - 3 Kicking & Equipment Training
- Wednesday - 5 Sparring: *Point, Continuous, or TKD*
- Monday - 10 Basics & Forms: *Palgwe 1 - 8, Chumo 1 - 4*
- Wednesday - 12 Weapons: *Bo Staff or Escrima Sticks*
- Monday - 17 Kicking: *Basic, Pop-Up, Jump, & Combination*
- Wednesday - 19 Sparring Drills (Sparring Equipment Required)
- Monday - 24 Advanced Forms: *Koryo, Keum Gang, Tae Baek, Pyong Won, Sip Jin, Ji Tae, Kenpo Master Form*
- Wednesday - 26 Self-Defense: *Semi-Circle, Running the Line, Dummy, & 3-man Drill*

March

- Monday - 3 Kicking & Equipment Training
- Wednesday - 5 Sparring: *Point, Continuous, or TKD*
- Monday - 10 Basics & Forms: *Palgwe 1 - 8, Chumo 1 - 4*
- Wednesday - 12 Weapons: *Bo Staff or Escrima Sticks*
- Monday - 17 Kicking: *Basic, Pop-Up, Jump, & Combination*
- Wednesday - 19 Sparring Drills (Sparring Equipment Required)
- Monday - 24 Advanced Forms: *Koryo, Keum Gang, Tae Baek, Pyong Won, Sip Jin, Ji Tae, Kenpo Master Form*
- Wednesday - 26 Self-Defense: *Semi-Circle, Running the Line, Dummy, & 3-man Drill*
- Monday - 31 Sparring: *Point, Continuous, or TKD*

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April

- Wednesday - 2 Basics & Forms: *Palgwe 1 - 8, Chumo 1 - 4*
- Monday - 7 Weapons: *Bo Staff or Escrima Sticks*
- Wednesday - 9 Kicking: *Basic, Pop-Up, Jump, & Combination*
- Monday - 14 Sparring Drills (Sparring Equipment Required)
- Wednesday - 16 Advanced Forms: *Koryo, Keum Gang, Tae Baek, Pyong Won, Sip Jin, Ji Tae, Kenpo Master Form*
- Monday - 21 Self-Defense: *Semi-Circle, Running the Line, Dummy, & 3-man Drill*
- Wednesday - 23 Kicking & Equipment Training
- Monday - 28 Sparring: *Point, Continuous, or TKD*
- Wednesday - 30 Basics & Forms: *Palgwe 1 - 8, Chumo 1 - 4*

May

- Monday - 5 Weapons: *Bo Staff or Escrima Sticks*
- Wednesday - 7 Kicking: *Basic, Pop-Up, Jump, & Combination*
- Monday - 12 Sparring Drills (Sparring Equipment Required)
- Wednesday - 14 Advanced Forms: *Koryo, Keum Gang, Tae Baek, Pyong Won, Sip Jin, Ji Tae, Kenpo Master Form*
- Monday - 19 Self-Defense: *Semi-Circle, Running the Line, Dummy, & 3-man Drill*
- Wednesday - 21 Kicking & Equipment Training
- Monday - 26 Sparring: *Point, Continuous, or TKD*
- Wednesday - 28 Basics & Forms: *Palgwe 1 - 8, Chumo 1 - 4*

June

- Monday - 2 Weapons: *Bo Staff or Escrima Sticks*
- Wednesday - 4 Kicking: *Basic, Pop-Up, Jump, & Combination*
- Monday - 9 Sparring Drills (Sparring Equipment Required)
- Wednesday - 11 Advanced Forms: *Koryo, Keum Gang, Tae Baek, Pyong Won, Sip Jin, Ji Tae, Kenpo Master Form*
- Monday - 16 Self-Defense: *Semi-Circle, Running the Line, Dummy, & 3-man Drill*
- Wednesday - 18 Kicking & Equipment Training
- Monday - 23 Sparring: *Point, Continuous, or TKD*
- Wednesday - 25 Basics & Forms: *Palgwe 1 - 8, Chumo 1 - 4*
- Monday - 30 Weapons: *Bo Staff or Escrima Sticks*



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July

- Wednesday - 2 Kicking: *Basic, Pop-Up, Jump, & Combination*
- Monday - 7 Sparring Drills (Sparring Equipment Required)
- Wednesday - 9 Advanced Forms: *Koryo, Keum Gang, Tae Baek, Pyong Won, Sip Jin, Ji Tae, Kenpo Master Form*
- Monday - 14 Self-Defense: *Semi-Circle, Running the Line, Dummy, & 3-man Drill*
- Wednesday - 16 Kicking & Equipment Training
- Monday - 21 Sparring: *Point, Continuous, or TKD*
- Wednesday - 23 Basics & Forms: *Palgwe 1 - 8, Chumo 1 - 4*
- Monday - 28 Weapons: *Bo Staff or Escrima Sticks*
- Wednesday - 30 Kicking: *Basic, Pop-Up, Jump, & Combination*

August

- Monday - 4 Sparring Drills (Sparring Equipment Required)
- Wednesday - 6 Advanced Forms: *Koryo, Keum Gang, Tae Baek, Pyong Won, Sip Jin, Ji Tae, Kenpo Master Form*
- Monday - 11 Self-Defense: *Semi-Circle, Running the Line, Dummy, & 3-man Drill*
- Wednesday - 13 Kicking & Equipment Training
- Monday - 18 Sparring: *Point, Continuous, or TKD*
- Wednesday - 20 Basics & Forms: *Palgwe 1 - 8, Chumo 1 - 4*
- Monday - 25 Weapons: *Bo Staff or Escrima Sticks*
- Wednesday - 27 Kicking: *Basic, Pop-Up, Jump, & Combination*

September

- Monday - 1 Sparring Drills (Sparring Equipment Required)
- Wednesday - 3 Advanced Forms: *Koryo, Keum Gang, Tae Baek, Pyong Won, Sip Jin, Ji Tae, Kenpo Master Form*
- Monday - 8 Self-Defense: *Semi-Circle, Running the Line, Dummy, & 3-man Drill*
- Wednesday - 10 Kicking & Equipment Training
- Monday - 15 Sparring: *Point, Continuous, or TKD*
- Wednesday - 17 Basics & Forms: *Palgwe 1 - 8, Chumo 1 - 4*
- Monday - 22 Weapons: *Bo Staff or Escrima Sticks*
- Wednesday - 24 Kicking: *Basic, Pop-Up, Jump, & Combination*
- Monday - 29 Sparring Drills (Sparring Equipment Required)

2003 BLACK BELT CLASS - TRAINING SCHEDULE

October

- Wednesday - 1 Advanced Forms: *Koryo, Keum Gang, Tae Baek, Pyong Won, Sip Jin, Ji Tae, Kenpo Master Form*
- Monday - 6 Self-Defense: *Semi-Circle, Running the Line, Dummy, & 3-man Drill*
- Wednesday - 8 Kicking & Equipment Training
- Monday - 13 Sparring: *Point, Continuous, or TKD*
- Wednesday - 15 Basics & Forms: *Palgwe 1 - 8, Chumo 1 - 4*
- Monday - 20 Weapons: *Bo Staff or Escrima Sticks*
- Wednesday - 22 Kicking: *Basic, Pop-Up, Jump, & Combination*
- Monday - 27 Sparring Drills (Sparring Equipment Required)
- Wednesday - 29 Advanced Forms: *Koryo, Keum Gang, Tae Baek, Pyong Won, Sip Jin, Ji Tae, Kenpo Master Form*

November

- Monday - 3 Self-Defense: *Semi-Circle, Running the Line, Dummy, & 3-man Drill*
- Wednesday - 5 Kicking & Equipment Training
- Monday - 10 Sparring: *Point, Continuous, or TKD*
- Wednesday - 12 Basics & Forms: *Palgwe 1 - 8, Chumo 1 - 4*
- Monday - 17 Weapons: *Bo Staff or Escrima Sticks*
- Wednesday - 19 Kicking: *Basic, Pop-Up, Jump, & Combination*
- Monday - 24 Sparring Drills (Sparring Equipment Required)
- Wednesday - 26 Advanced Forms: *Koryo, Keum Gang, Tae Baek, Pyong Won, Sip Jin, Ji Tae, Kenpo Master Form*

December

- Monday - 1 Self-Defense: *Semi-Circle, Running the Line, Dummy, & 3-man Drill*
- Wednesday - 3 Kicking & Equipment Training
- Monday - 8 Sparring: *Point, Continuous, or TKD*
- Wednesday - 10 Basics & Forms: *Palgwe 1 - 8, Chumo 1 - 4*
- Monday - 15 Weapons: *Bo Staff or Escrima Sticks*
- Wednesday - 17 Kicking: *Basic, Pop-Up, Jump, & Combination*
- Monday - 22 **Studio Closed**
- Wednesday - 24 **Studio Closed**
- Monday - 29 **Studio Closed**
- Wednesday - 31 **Studio Closed**