

July / August 2008 Session Curriculum

July 2008

Week 1

No Classes Do Jang Closed For Holiday

Week 2

Theme:

Shin Chook (Expansion and Contraction / Intermediate Position)

Emphasis:

8th: Il Soo Sik Dae Ryun, 10th: Ho Shin Sool

Week 3

Theme:

Moo Do Chung Shin (Martial Arts Spirit / Awareness)

Emphasis:

15th: Gup Pre-Test (Testing Requirements), 17th: Tournament Preparation (Forms / Sparring)
19th Gup Test & Downriver Invitational @ Gregory Park

Week 4

Theme:

Him Cho Chung (Control of Power)

Emphasis:

27th: Soo Gi / Jok Gi (Target Awareness), 29th: Dynamic Technique (Kyok Pa)

Week 5

Theme:

Oneness with Nature (Outdoor Training)

Emphasis:

24th: One legged Kicking Drills, 26th: E-Dan Jok Gi (Jump Kicking)

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Additional Required Classes for 1st Gup / Dan Members:

8th: Initial Parent Class 5:45pm - 6pm

10th: Parent Class 5pm - 5:45pm

15th: Gup Pre-Test (LPSBD) 5pm-5:45pm / 5:45pm-6:45pm

19th: Connection Day 10am Gup Testing am / Downriver
Invitational @ Gregory Park.

Dan Class (RHSBDC) 7pm - 10pm Tuesdays and
Thursdays

August 2008

Week 6

Theme:

Pyung Ahn (Peaceful Confidence)

Emphasis:

4th: Gup Pre-Test (Testing Requirements - Stations), 6th: Testing Requirements
8th Connection Day 10am - Gup Test 11am

Week 7

Theme:

Shim Gung/Neh Gung/Weh Gung Connection (Mental/Internal/External Power)

Emphasis:

11th: Hyung (Requirements), 13th: Hyung Application in Sparring

Week 8

Theme:

Wan Gup (Speed Control)

Emphasis:

18th: Il Soo Sik Dae Ryun / Ho Shin Sool, 20th: Application of Il Soo Sik and Ho
Shin Sool in Sparring

Week 9

Theme:

5 Moo Do Values (History, Tradition, Philosophy, Discipline/Respect, Technique)

Emphasis:

25th: Discipline/Respect and Technique (All Areas), 27th: History, Tradition, Philosophy
Hyung Application

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Additional Required Classes for 1st Gup / Dan Members:

4th: Gup Pre-Test (LPSBD) 5pm-5:45pm / 5:45pm-6:45pm

8th: Gup Testing / Assistant Instructor Meeting (LPSBD)
11am - 1:00pm

17th: Dan Pre-Test (RHSBDC) 7:15pm - 9pm

13th - 15th: National Festival San Diego, Ca.

25th Bring A friend Night

27th Parent Night

Dan Class (RHSBDC) 7pm - 10pm Tuesdays and
Thursdays