

Please Wear FULL DOBAK for all Taekwondo seminars. Athletic clothing for ground fighting, Women's Self Defense

Friday March 9th: **BLACK BELT TESTING - Emerald Ball Room Testing Check in: 5:45, Testing Starts: 6:00 pm**

Blue Wave Winter Camp - 2018 SATURDAY MARCH 10th

TIME	Emerald III	Emerald I/II	Exhibition hall	Diamond
8:00- 8:30	OPENING CEREMONIES & GROUP PICTURE			
8:30-9:30	<p><u>Paddle Kicking</u> Speed and Timing Drills All GUP ranks 12 and Older All 1st Dans 12 – 14 Years Old Master White</p>	<p><u>Paddle Kicking</u> Speed and Timing Drills 1st Dans 15 and older 2nd Dan & up 12 and Older Master Gale</p>	<p><u>Juniors Morning Work Out</u> 11 and Under ALL Ranks Master Hopkins</p>	<p><u>Taekwondo Poomsae</u> <u>Conditioning</u> Balance, Strength, Core exercises for Taekwondo All Ranks Welcome 12 and up Grandmaster Turgeon</p>
9:30-9:45	PUT ON SPARRING GEAR & WATER BREAK			
9:45-10:45	<p><u>Juniors</u> 11 and under all ranks (Dobak pants and t shirt) Master Rebele</p>	<p><u>Sparring Fundamentals</u> All Ranks Welcome. 12 and up. Students new to sparring or who want to focus on recreational sparring Mr. Twing</p>	<p><u>Competition Sparring</u> Drills and Skills for competition based sparring Bring all sparring gear, match games included Master Gale</p>	<p><u>TKD Training As We Age</u> Workout and discussion of TKD training for 55+ yrs. old and/or students who have permanent injuries. Masters Blais and Kline</p>
10:45-11:00	WATER BREAK			
11:00 –12:15	<p><u>Taeguek Poomsae</u> All Ages, Blue – Red/Brown Belt Master Emerson</p>	<p><u>Black Belt Poomsae</u> All ages 1st and - 2nd Dan Taeguek 8, Koryo, Keumgang Grandmaster Turgeon</p>	<p><u>PDR Basics</u> All Color Belts 12 and Older Black Belts all ages Master Anthony</p>	<p><u>Parkour for Martial Arts</u> Creative Movement for Martial Arts Using simple principles from karate, parkour, gymnastics, and more to improve your Taekwondo. All Ages, All Ranks Mr. Lesniak</p>
12:15 – 1:30	LUNCH – CONCESSION STAND IN CONFERENCE CENTER LOBBY (BRING CASH)			
1:30-3:30	<p><u>Juniors Sparring drills & Match Games</u> Master White and Burlington Dojang 11 and Under All Belts (including black) PARENTS: this seminar will likely be over by 2:30 or 2:45 If your kids are headed to the pool after, please arrange for adult supervision</p>	<p><u>Women's Self Defense</u> 12 and up all ranks <i>This is a "women only" seminar. No male attendees even to watch please!</i> Master Panizzo</p>	<p><u>PDR -Advanced</u> All Color Belts 12 and Older Black Belts all ages Master Anthony</p>	
6:00-9:30	DINNER and Bruce V Twing Scholarship Fund Presentation Saturday Evening Fun– Arrive no later than 6:15PM			
9:30 -	Open EVENING PROGRAM – CARDS, BOARD GAMES etc			

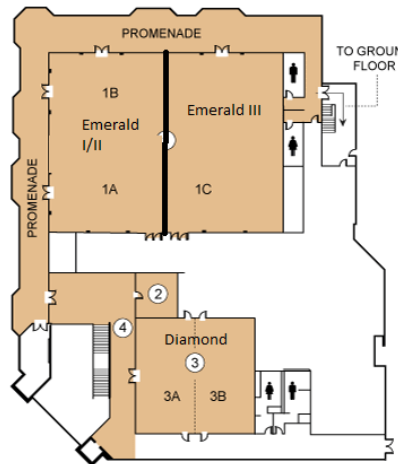


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Winter Camp 2018

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TIME	Emerald III	Emerald I/II	Diamond
8:30-9:30	<u>Work Out, Stretch / Yoga</u> 30-minute High Intensity followed by cooldown, stretch, yoga. 12 and Older <i>Ms. Fearon</i>	<u>High Dan Poomsae</u> 3rd Dan and up Taebaek, PyonWon, SipJin <i>Grandmaster Turgeon</i>	<u>Kids Morning Workout</u> All ranks 11 and under <i>Master Panizzo</i>
9:30 – 9:45	Water Break – Emerald Rooms Will Combine		
9:45-10:45	<u>Sparring – New Rules School</u> Sparring drills, strategy and discussion addressing recent rule changes <i>Master Gale / Master White</i>	<u>High Dan Poomsae</u> Jitae, ChonKwon, Hansoo For 5 th dan and up, and black belts working on these forms <i>Grandmaster Turgeon</i>	11 and under POOL TIME (Parents responsible)
10:45-11:30	CLOSING CEREMONIES AND MAT TEARDOWN WE NEED YOUR HELP! <i>Many hands make light work!</i>		

1. EMERALD BALLROOM
 - 1A. EMERALD BALLROOM I
 - 1B. EMERALD BALLROOM II
 - 1C. EMERALD BALLROOM III
2. CARLETON BOARDROOM
3. DIAMOND BALLROOM
 - 3A. DIAMOND BALLROOM I
 - 3B. DIAMOND BALLROOM II
4. DIAMOND BALLROOM FOYER



PARENTS

Please note, that you are responsible for your children between seminars, during water and lunch breaks, at the pool, and anywhere outside of the seminar rooms during Winter Camp weekend. Thank you.

Schedule Subject to Minor Adjustments

