



May / June 2008 Session Curriculum

May 2008

Week 1 / 2

Theme:

Focus of Technique (Chung Shin Tong II – Concentration)

Emphasis:

1st: Ki Cho (Basic Technique), 6th: Soo Gi and Jok Gi (Target Awareness), 8th: Breaking (Kyok Pa)

Week 2

Theme:

Proper Stance (Foundation of Techniques)

Emphasis:

13th: Testing Requirements, 15th: Testing Requirements

Week 3

Theme:

Focus of Sight (Shi Sun)

Emphasis:

20th: Il Soo Sik Dae Ryun, 22nd: 3-Step Sparring Applications

Week 4

Theme:

Direction of Energy – Working in Harmony with your Partner

Emphasis:

27th: Ho Shin Sool, 29th: Ho Shin Sool Applications

June 2008

Week 5

Theme:

In Neh (Endurance)

Emphasis:

3rd: Kicking Applications, 5th: Jump Kicking Applications/Quiz Bowl/Soo Bahk Do Jeopardy

Week 6

Theme:

Use of the Hip (Hu Ri) to Create Distance and Power

Emphasis:

10th: Testing Requirements, 12th: Testing Requirements

Week 7

Theme:

Defensive Strategies

Emphasis:

17th: Defensive Sparring, 19th: Ja Yu Dae Ryun

Week 8

Theme:

Ho Hup (Breathing)

Emphasis:

24th: Testing Requirement Review, 26th: Testing Requirement Review

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 and Optional Parent Seminars:

8th: Break Night (5pm – 7pm) Lincoln Park Bandshell

10th: Relay for Life (Walk / Demonstrations)

15th: Assistant Instructor Class (RHSBDC) 7:15pm – 8:45pm

17th: Gup Testing / Assistant Instructor Meeting (RHSBDC) 11:00am – 1:00pm

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					

Additional Required Classes for 1st Gup / Dan Members and Optional Parent Seminars:

12th: Dan Pre-Test (7:15pm – 8:45pm)

14th: Gup Testing / Assistant Instructor Meeting (RHSBDC) 11am – 1:00pm

24th: Bring a Friend Day