

GM Suggs Founder's Day
June 25-26 2011
12415 Highway 36 Swisshome, Oregon 97480
(541) 268-6926

SCHEDULE 2011 WEST COAST TRAINING

8:00-8:55 Meditation, Warm up, Ki-development

9:00-9:55 Breakfalls, Judo Throws, Basic Hapkido Technique, 3-step, 3 Basic forms

10:00-10:55 Yellow/Gold Belt Hapkido Technique

11:00-11:55 Green/Orange Belt Hapkido Technique

12:00-1:00 Lunch Taeguk Poomsae 1-8

1:00-1:55 Meditation, Philosophy of martial arts, Nunchaku Training

2:00-2:55 Blue/Purple Belt Hapkido Technique

3:00-3:55 Brown/Red Belt Hapkido Technique

4:00-4:55 Black Belt Hapkido Technique

5:00-6:00 Dinner (here) Black belt forms WTF

6:00-6:55 Meditation, Belt/Rope Technique

7:00-7:55 Sword Training

8:00-9:00 Test

9:00-10:00 Test Closing ceremony.

Training schedule subject to change without notice!