

REGION 8 SPRING TRAINING INTENSIVE SCHEDULE OF EVENTS



SAWTOOTH MARTIAL ARTS
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FRIDAY, APRIL 27

TIME	EVENT	EMPHASIS	WHO CAN ATTEND
1 - 4	Dan Hyung Training Potential Candidate Workout	Hyung Training Requirements	Dan Members (all ages) Any potential candidate for the 141st Dan
4 - 5	Break		
5 - 5:45	Region 8 Instructors Meeting	TBA	Studio Owners & Instructors
6 - 7:30	Neh Gong Clinic (Master Austin)	Internal Training (Breath & Energy Work)	Dan Members (all ages)

SATURDAY, APRIL 28

TIME	EVENT	EMPHASIS	WHO CAN ATTEND
8 - 9	Neh Gong Clinic	Internal Training (Breath & Energy Work)	All Ranks & Ages, Open to the General Public
9 - 10	Break		
10 - 12	Youth Leadership Training Kids Seminar Adults Seminar	Kicking/Ground Sparring Kicking/Ground Sparring Kicking/Ground Sparring	Ages 10-17, Red Belts & Above All Ages & Ranks All Rank Adults
12 - 1	Lunch		
1 - 3	Potential Candidate Workout Kids Seminar Adult Seminar	Requirements Sparring Sparring	Any potential candidate for the 141st Dan All Ranks Kids All Ranks Adults
3 - 6:30	Break		
6:30 - 9	Banquet	Food/Entertainment	