

# MONTICELLO ACADEMY POOMSAE LEVEL 2 SEMINAR

## EVENT SCHEDULE

5/7/2016

<b>8:30 am</b>	<b>Check-In</b>
<b>9:00-9:05 am</b>	<b>Head to Toe Warm-Up</b>
<b>9:05-9:35 am</b>	<b>Stance Progress Assessment</b> <b>Stance Instruction</b> Turning Locking in 12 Count Stance Drill  <b>Hand Technique Progress Assessment</b> <b>Hand Technique Instruction</b> Clean Trigger Motion Start/Shoot Points for knife hand blocks, two arm blocks 12 Count Stance/Hand Technique Drill
<b>9:35-9:40 am</b>	<b>Front Kick Warm-Up/Stretches</b>
<b>9:40-9:45 am</b>	<b>Front Kick Progress Assessment</b>
<b>9:45-10:05 am</b>	<b>Front Kick Instruction</b> Front Kick Paddle/Mirror/Balance Disc Exercises
<b>10:05-10:25 am</b>	<b>Side Kick Warm Up Exercises</b>
<b>10:25-10:30 am</b>	<b>Side Kick Progress Assessment</b>
<b>10:30-10:55 am</b>	<b>Side Kick Instruction</b> Counter Top/Mirror/Balance Disc Exercises
<b>10:55-11:35 am</b>	<b>Front Kick Resistance Band Drills</b> <b>Side Kick Resistance Band Drills</b>
<b>11:35-12:20 am</b>	<b>Taegeuk 1-4 key points</b>
<b>12:20-12:40 pm</b>	<b>Self-Recording/Self-Assessment/Self-Assigned Homework</b>
<b>12:40-12:55 pm</b>	<b>Mini-Practice Session: How to Practice to Learn What you Were Introduced to Today</b>
<b>12:55-1:00 pm</b>	<b>Final Questions</b>