

## Teaching Schedule - Yongmudo Club - FALL 2007

### Lower Rank Schedule

Week	General Topic	Mon.	Wed.	Fri.	Sun.
1 (8/27)	Basics		Belt Promotions Announced	Simple basics Bal. break	General review
2 (9/3)	Basics	HOLIDAY	Rolls & Falls	Kicks	Strikes
3 (9/10)	Basics	Wrist 16	16 Kicks	16 Throws	16 Left side
4 (9/17)	Trithalon / YMD	Intro to trithalon	Intro to trithalon	Intro to trithalon	Practice tournament
5 (9/24)	Footwork/ Balance	Footwork X drill	Ground work balance	Balance & kicks	Practice tests
6 (10/1)	16-Step	16 Rice bale	16 Sacrifice	Finish offs	Kubotans
7 (10/8)	Trithalon / YMD	Intro	Review	Review	Practice tournament
8 (10/15)	Test Mat'l	Wrist techs.	Test kicks	Test throws	Whole package
9 (10/22)	Trithalon / YMD	Review	Competition & Ref seminar	Competition & Ref seminar	Post tournament Demo Techs
10 (10/29)	Exercises	16 All	16 Left	16 All	finish offs
11 (11/5)	Kicks	20 kicks - intro	20 kicks	20 kicks	Review
12 (11/12)	4-Corner	4 Corner	Surviving 4 corner	4 corner	Tick-tock drills
13 (11/19)	Thanksgiving	Review - Open	Review - Open	HOLIDAY	Review - Open
14 (11/26)	Belt test material	Review	Movement	Test polish	Review
15 (12/3)	Review	Review	Review	No Class (Judo belt test)	Belt Test

## Upper Rank Schedule

Week	General Topic	Mon.	Wed.	Fri.	Sun.
1 (8/27)	Basics		Open	Open	Open
2 (9/3)	Basics	HOLIDAY	Belt Promotions Announced	Kicks	Strikes
3 (9/10)	Basics	16 Left side	16 Kicks	16 Throws	16 vs. knife
4 (9/17)	Trithalon / YMD	Cane (T)	Counter throws	Counter throws	Practice tournament
5 (9/24)	Footwork/ Balance	Ki & Cane	Ground work balance	Balance & kicks	Practice tests
6 (10/1)	16-Step	Left side (T)	16 with cane	Finish offs	Kubotans / short stick
7 (10/8)	Trithalon / YMD	Counter throws	Review	Review	Practice tournament
8 (10/15)	Test Mat'l	Weapons (T)	Test kicks	Test throws	Whole package
9 (10/22)	Trithalon / YMD	Review	Competition & Ref seminar	Competition & Ref seminar	Post tournament Demo Techs
10 (10/29)	Exercises	Counter throw	16 & cane	Counter throw	Form finish offs
11 (11/5)	Kicks	20 kicks	20 kicks	Counter kicks	Review
12 (11/12)	4-Corner	4 Corner (T)	Surviving 4 corner	4 corner	Tick-tock drills
13 (11/19)	Thanksgiving	Review - Open	Review - Open	HOLIDAY	Review - Open
14 (11/26)	Belt test material	Giving, grading & taking tests	Movement	Test polish	Review
15 (12/3)	Review	Review (open to all ranks)	Review	Review	Belt Test

(T) T-Shirt Day

### Important Fall 2007 Dates

October 13                    International Martial Arts Symposium  
 October 27                    3<sup>rd</sup> Annual YMD Championship and Hanmadan  
 December 9                    Belt Promotion Date

## Instructor Assignments

Week	General Topic	Mon.	Wed.	Fri.	Sun.
1 (8/27)	Basics		5:30 : NGL	5:30 : NGL	3:00 : NGL
2 (9/3)	Basics	HOLIDAY	5:30 : NGL	AM : MA 4:00 : BV 5:30 : DC	1:30 : HN 3:00 : NGL
3 (9/10)	Basics	4:00 : TL 5:30 : NGL	AM : RV 4:00 : KL 5:30 : CB	AM : MA 4:00 : AM 5:30 : SB	1:30 : HN 3:00 : NGL (Prac. Test)
4 (9/17)	Trithalon / YMD	4:00 : TL 5:30 : NGL	AM : RV 4:00 : KL 5:30 : NGL	AM : MA 4:00 : AM/LC 5:30 : SB	3:00 : NGL
5 (9/24)	Footwork/ Balance	4:00 : NGL 5:30 : NGL	AM : RV 4:00 : KL 5:30 : NGL	AM : MA 4:00 : AM 5:30 : DC	1:30 : HN 3:00 : CP (Prac. Test)
6 (10/1)	16-Step	4:00 : NGL 5:30 : NGL	AM : RV 4:00 : CB 5:30 : NGL	AM : MA 4:00 : AM 5:30 : SB	1:30 : HN 3:00 : NGL
7 (10/8)	Trithalon / YMD	4:00 : TL 5:30 : NGL	AM : RV 4:00 : KL 5:30 : NGL	AM : MA 4:00 : AM/LC 5:30 : DC	1:30 : HN 3:00 : NGL
8 (10/15)	Test Mat'l	4:00 : TL 5:30 : NGL	AM : RV 4:00 : KL 5:30 : NGL	AM : MA 4:00 : AM 5:30 : SB	1:30 : HN 3:00 : NGL
9 (10/22)	Trithalon / YMD	4:00 : TL 5:30 : NGL	AM : RV 4:00 : KL 5:30 : CP	AM : MA 4:00 : AM 5:30 : SB	1:30 : HN 3:00 : NGL
10 (10/29)	Exercises	4:00 : TL 5:30 : NGL	AM : RV 4:00 : KL 5:30 : NGL	AM : MA 4:00 : AM 5:30 : LC	1:30 : HN 3:00 : CP (Prac. Test)
11 (11/5)	Kicks	4:00 : TL 5:30 : NGL	AM : RV 4:00 : CB 5:30 : NGL	AM : MA 4:00 : AM 5:30 : DC	1:30 : HN 3:00 : NGL (Prac. Test)
12 (11/12)	4-Corner	4:00 : TL 5:30 : NGL	AM : RV 4:00 : KL 5:30 : NGL	AM : MA 4:00 : AM 5:30 : DC	1:30 : HN 3:00 : CP (Prac. Test)
13 (11/19)	Thanksgiving	5:30 : NGL	5:30 : NGL	HOLIDAY	3:00 : NGL
14 (11/26)	Belt test material	4:00 : TL 5:30 : NGL	AM : RV 4:00 : 5:30 : NGL	AM : MA 4:00 : AM 5:30 : DC	1:30 : HN 3:00 : NGL (Prac. Test)
15 (12/3)	Review	4:00 : TL 5:30 : SB	AM : RV 4:00 : 5:30 : NGL	AM : MA 4:00 : NGL 5:30 : Judo Test	Belt Test

BV: Brett V.  
 CB: Chuck Buhs  
 CP: Chris Peterson  
 DC: David Commins  
 HK: Hoon Kim  
 HN: Hien Nguyen  
 JC: James Chiu  
 KL: Kenny Leung

LC: Laura Copenhaver  
 MS: Michael Stewart  
 NGL: Norman Link  
 RV: Randy Vogel  
 SB: Steve Brown  
 TL: Lily Chou  
 VA: Victoria Angel

**Black Belts**

	<b>Monday</b>	<b>Weds</b>	<b>Friday</b>	<b>Sunday</b>
<b>Instructor</b>		7:00-8:30a Randy Vogel	7:00-8:30a Mike Ashley	
<b>Associate Instructor</b>				
<b>Instructor</b>	4:00-5:30p Lily Chou	4:00-5:30p Kenny Leung	4:00-5:30p Anne Marie Laura Copenhaver	1:30-3:00p Hien Nguyen
<b>Associate Instructor</b>		Chuck Buhs	Victoria Angel	
<b>Instructor</b>	5:30-7:00p Norman Link	5:30-7:00p Norman Link	5:30-7:00p Steve Brown	3:00-5:00p Norman Link
<b>Associate Instructor</b>			David Commins	

***REMINDER:***

The following is a list of the material that will be taught during the summer semester. Warm-ups may cover whatever material the workout leader chooses though it is suggested that it include exercises that review old material and/or work into the material for that day. If an instructor wishes to deviate from the posted material then it should be discussed with the head instructor prior to the workout.