



Grand Master Hwang's Training Camp Schedule July 17-22, 2018

- Tuesday, July 17** 5:00pm Instructors Arrive
6:00pm - Dinner
- Wednesday, July 18** 9:00am Instructor Retreat
5:00pm Campers arrive
- Thursday, July 19** 7:00am-7:30am – Pattern/ One-Steps with Mr. Richard Krepcio Jr.
(*camp shirt, workout pants*)
7:30-8am – **Bonus Training:** Conditioning with Billy Oulundsen
(*camp shirt, workout pants, sneakers*)
8:00am – Breakfast
9:00-9:45am – Pad drills with Mr. Michael Zandri (*full dobok*)
10:00-12:00pm – Fundamental techniques and historical context
with Grand Master Hwang (*full dobok*)
12:30pm – Lunch
2:00-3:00pm – **Bonus Training:** Advanced sparring with Master
Johnny Karstadt (*camp shirt, dobok pants, sparring gear*)
3:30-5:00pm – Hapkido with Grand Master MacKenzie (*camp shirt,
dobok pants*)
5:15pm – Team Tul selection and practice
(*camp shirt, dobok pants*)
6:30pm – Dinner
8:00pm – **Bonus Training:** Yoga (*workout clothes*)
9:00pm – Camp fire
- Friday, July 20** 7:00am-7:45am – Pattern/ One-Steps Mr. Richard Krepcio (*camp
shirt, workout pants*)
7:30-8:00am – **Bonus Training:** Conditioning with Billy Oulundsen
(*camp shirt, workout pants, sneakers*)
8:00am – Breakfast
9:00-9:45am – Kicking and jumping drills with Master Jade Hwang
(*camp shirt, dobok pants*)
10:00-12:00pm – Sparring with Mike Zandri
(*camp shirt, dobok pants, sparring gear*)
12:15pm – Lunch



2:00-3:00pm – **Bonus Training:** Jiu-Jitsu with Master Jim Hewes
(*camp shirt, workout pants*)

3:30-5:00pm – Reality based self defense with Master David
Karstadt (*camp shirt, workout pants*)

5:15pm – Noodle War

6:00pm – Dinner

7:30pm – Team Tul competition (*full dobok*)

8:30pm – Camp fire

Saturday, July 21 – 7:00am-7:45am – Mr. Richard Krepcio Pattern/ One-Steps (*camp
shirt, workout pants*)

7:30-8am – **Bonus Training:** Conditioning with Billy Oulundsen
(*camp shirt, workout pants, sneakers*)

8:00am – Breakfast

9:00-9:45am – Warm up and fundamentals with Master
Phillip Obregon (*full dobok*)

10:00-12:00pm – Tul Workshop with GM Hwang and Masters
(*full dobok*)

12:15pm – Lunch

1:00pm – Team USA Info Meeting

2:00-3:00pm – **Bonus Training:** Power breaking with Ms Amanda
Morrison (*camp shirt, dobok pants*)

3:30-5:00pm – Training with Master William Oulundsen
(*camp shirt, dobok pants*)

5:30pm – Team Sparring competition (*full dobok*)

7:00pm – Korean BBQ

Sunday, July 22

8:00am – Breakfast

9:00am – Promotional Test (*full dobok for testing candidates*)

9:00-9:45am – Stretching and pad drills (*camp shirt, dobok pants*)

10:00-10:45am – Specialty and jumping with Master Johnny
Karstadt (*camp shirt, dobok pants*)

11:00am – Awards, closing ceremony and group photo