

Instructor In-Service Training Event, July 28  
SCHEDULE

9am	Technique Drills	Jr. Master Alex Stadler
10am	Tae Kwon Do History	Jr. Grandmaster Charlie Weaver
11am	Sparring	Master Jackie Locke
Noon	LUNCH	
1pm	Tae Kwon Do Terminology	Grandmaster Joon Y Kim
2pm	Instructor Teaching Styles (mini-classes)	Sr. Master Susan Zurowski Sr. Master Dany Monares Master Alicia Looney
3pm	Street Self Defense	Jr. Grandmaster Joe Felke

Class Descriptions

Technique Drills

Jr. Master Stadler will teach some technique drills that he has learned at USAT training camps. These drills help students improve their blocking, striking, and kicking techniques. The improvement translates into better poomsae performance.

Tae Kwon Do History

Jr. Grandmaster Weaver will discuss Korean history and the traditions that led to our modern Kukkiwon Tae Kwon Do.

Sparring

Master Locke's class will be aimed at introducing Olympic style sparring through stances, technique and the purposes behind them. The basic rules will be covered. A brief description of how the Daedo scoring system works will also be shown.

Tae Kwon Do Terminology

Grandmaster Kim will discuss some Korean Tae Kwon Do terms and will give the correct pronunciation for common terms used in Tae Kwon Do instruction.

Teaching Styles

Masters Zurowski, Monares, and Looney will each give a short class which demonstrates their teaching styles. This gives instructors an opportunity to experience unique styles that they may want to incorporate into their own classes. Master Monares will introduce the "Part to Whole" method of poomsae instruction.

Street Self Defense

Jr. Grandmaster Felke will present tactics and techniques to use in self defense situations.