

**Tentative Kwanmukan Symposium Schedule - February, 2009**

**Check Back Frequently for Schedule Changes**

		<i>Workout Area 1</i>	<i>Mat Area 1</i>	<i>Workout Area 1</i>	<i>Classrooms</i>
<b>Friday</b>	7:30:00 PM	<b>George E. Anderson Keynote Address - Special Recognitions</b>			
	8:00:00 PM	<b>Park Chull Hee</b>			
<b>Saturday</b>	7:00:00 AM	Pamela Hickey: Core Strength Routine			
	7:30:00 AM	<i>Breakfast</i>		<i>Instructors Breakfast and Briefing</i>	
	8:30:00 AM	Larry Overholt: Taiho Jujitsu	Jeff Ellis - JuJitsu combination drills.	Patrick Hickey: Chinese Bo Kata	
	9:40:00 AM	Pamela Hickey - Yoga	John Linebarger - Achieve a Better Understanding of the Martial Arts	Carl Wilcox	PSDI Meeting - Brecksville
	10:50:00 AM	Mike Bukala - Kobudo	Ben DeLeon - Mixed Martial Arts Boxing	Milt Kujawinski - Muay Thai Kick Boxing for self defense	
	12:00:00 Noon	<i>Lunch</i>			
	1:10:00 PM	Mickey Yurko - Pressure points and use of force continuum	Ron Layton - Close Quarter combatives	Jerry Andrea - ..."Learn and Teach Ippon Kumite, Clear and Simple!"	
	2:20:00 PM	Lance Weimer - Kumite Drills	Jim Caldwell - Continuation of Kihon Kikyu Ho Breathing	Rick Fike - Tactical Knife Fighting	
	3:30:00 PM	<b>Extreme Martial Arts and Kwanmukan International Youth Awards (All dojo awards will be at the following banquet.)</b>		<b>George Anderson: Required Session All Adult Participants</b>	Special Self Defense Program for mothers of Youth Award Winners.
	5:30:00 PM				
	6:00:00 PM	<b>Kwanmukan International Society Dojo Awards Banquet and Show</b>			
<b>Sunday</b>	7:00:00 AM	Pamela Hickey: Stretching Class			
	7:30:00 AM	<i>Breakfast</i>			
	8:30:00 AM	Roger Jarrett	Mike Piaser - Jujitsu throwing and groundwork.	Brian Pendleton - KMK Knife Kata	Dr. Ray Leone: Answers your medical questions
	9:40:00 AM	Phil Rushing - movement and power from the form Chang Kwon	Peter Paik	Jim Winkleman with Chuck Rickard - Therapeutic Martial Arts	Adrenal Stress Response Training for Women - Pamela Hickey. No spectators permitted.
	10:50:00 AM	David Ames	Mark Cramer - Kata Seipai	Mike Ritter - Okinawan Kata Rohai	
	12:00:00 Noon	Dismissed			

Classes are 60 minutes with a 10 minute break following.

R-Rated is restricted to those over 18 and over.

K-Suggested for Kids

*No weapons or other props will be provided. You must bring all your own equipment including sparring gear or weapons where applicable. Suggest equipment to bring: Sword (any type), knife, tonfa, nunchakus, bo (staff), oar (or staff will work in this class if you do not have an oar), cane, fighting gear (mouthpiece, hand pads and headgear minimal), notepad. For safety, we will permit no sharpened weapons. See notes on the schedule page for any equipment needed.*