

Detailed Schedule for 2010 Central Ohio Clinic Participants

| <i>When</i> | <i>What</i> | <i>Who</i> |
|----------------------|-----------------------------|-----------------------|
| Saturday | | |
| 8:00-9:00am | Registration | BTSD |
| 9:00am | Opening Ceremonies | |
| 9:15am | Group Warm-Up | Mr. Ed Grant |
| 9:30-10:00am | Group Drill | Mrs. Allyson Holbrook |
| 10:00-10:45am | Breakout Session I | |
| 10:45-10:50am | Water break/Re-assemble | |
| 10:50-11:35am | Breakout Session II | |
| 11:35-11:40am | Water break/Re-assemble | |
| 11:40-12:25pm | Breakout Session III | |
| | | |
| 12:25-1:30pm | Lunch | |
| | | |
| 1:30-2:15pm | <u>Hyung by Rank:</u> | |
| | White-Orange | Ms. Elise Cassello |
| | Green-Brown | Mr. Dave Ilko |
| | Red-Blue | Mr. Rashuad Olson |
| | Yu Dan Ja | Master Homschek |
| | | |
| | | |
| 2:15-2:20pm | Water break/Re-assemble | |
| 2:20-3:05pm | Breakout Session IV | |
| 3:05-3:10pm | Water break/Re-assemble | |
| 3:10-3:55pm | Breakout Session V | |
| 3:55-4:00pm | Water break/Re-assemble | |
| 4:00-4:30pm | Group Hyung | Mr. Mark Holtman |
| 4:30-4:45pm | Group Stretching | Mr. Chris Miller |
| 4:45-5:00pm | Closing Ceremonies | |
| | | |
| 5:00-8:00pm | Dinner on your own | |
| | | |
| Sunday | | |
| 9:00am | Optional training | |
| 12:00pm | Bow-out | |

Breakout Sessions

| Instructor | Session | | | | |
|--------------------------------|----------------------|-----------------------|------------------------|---------------------|--------------------|
| | I (10:00-10:45am) | II (10:50-11:35am) | III (11:40-12:25pm) | IV (2:20-3:05pm) | V (3:10-3:55pm) |
| Master Homschek | Sae Kye Hyungs | | <i>(youth)</i> | Sae Kye Hyungs | |
| Ms. L. Russo | <i>(youth)</i> | Sword One-steps | | | Sword One-steps |
| Mr. R. Olson & Ms. E Casello | Rope | | Rope | | <i>(youth)</i> |
| Mr. B. Agostino | Stick Drills | Stick Drills | | Stick Drills | |
| Mr. R. Donaldson & Mr. D. Ilko | | Jump Kicks | | <i>(youth)</i> | Jump Kicks |
| Mr. T. Marker | | <i>(youth)</i> | Bong Partner Drills | Bong Partner Drills | |
| Dr. N. Proust | | | Ground fighting | | Ground fighting |
| | | | | | |
| | | | | | |

| Youth Sessions | | | | |
|----------------------|-----------------------|--------------------------|--------------------------------|-------------------------------|
| I (10:00-10:45am) | II (10:50-11:35am) | III (11:40am-12:25pm) | IV (2:20-3:05pm) | V (3:10-3:55pm) |
| | | | | |
| Ms. L. Russo | Mr. T. Marker | Master Homschek | Mr. R. Donaldson & Mr. D. Ilko | Mr. R. Olson & Ms. E. Casello |