

RIVER FALLS TRAINING SCHEDULE

8 DAY ROTATION

➤ DAY 1

- 15 Minutes – Warm up/Basics
- 30 Minutes – Techniques/HoShinSul/Self-Defense
- 10 Minutes – KumTooGi (Weapon Fighting)
- Stretch/Final Announcements

➤ DAY 2

- 15 Minutes – Warm up
- 30 Minutes – GoToogi (Grappling) Techniques
- 10 Minutes – Weapon Forms
- Stretch/Final Announcements

➤ DAY 3

- 15 Minutes – Warm up/Basics
- 30 Minutes – Long Form
- 10 Minutes – Ki Energy/Breaking
- Stretch/Final Announcements

➤ DAY 4

- 15 Minutes – Warm up
- 30 Minutes – Sparring Application
- 10 Minutes – KumTooGi (Weapon Fighting)
- Stretch/Final Announcements

➤ DAY 5

- 15 Minutes – Warm up
- 30 Minutes – GoToogi (Grappling) Application
- 10 Minutes – Weapon Forms
- Stretch/Final Announcements

➤ DAY 6

- 15 Minutes – Warm up/Basics
- 30 Minutes – Techniques/HoShinSul/Self-Defense
- 10 Minutes – Ki Energy/Breaking
- Stretch/Final Announcements

➤ DAY 7

- 15 Minutes – Warm up
- 30 Minutes – Sparring Techniques
- 10 Minutes – KumTooGi (Weapon Fighting)
- Stretch/Final Announcements

➤ DAY 8

- 15 Minutes – Warm up/Basics
- 30 Minutes – Long Form
- 10 Minutes – Weapon Forms
- Stretch/Final Announcement