

# Lee's Martial Arts Retreat

## Tentative Retreat Schedule

### Friday

5:30-6:00pm Overnight Check-in  
 6:15-6:30pm Stretching/Warm-up  
 6:30-7:15pm Tae Kwon Do Class  
 7:30-8:00pm Dinner-Pizza Party  
 8:00-8:25pm History of TKD/HKD  
 8:30-8:45pm Stretching/Warm-up

	A	B
8:45-9:30pm	Tae Kwon Do Class	Hapkido Class
9:30-10:30pm	Movie/Social Time	Hapkido Class (30-60 minutes)
11pm	Lights out	

1. Students who are signed up will receive more detailed information about what they need to bring with prior to the retreat.
2. Class topics listed for Saturday afternoon are subject to change or be re-ordered. A final schedule will be provided to parents at check-in for the retreat.
3. Parents are welcome to watch their children participate in classes.

### Saturday

8:00-8:45am Breakfast for overnight students  
 8:30-9:00am Day Camp Check-in  
 9:00-11:45am Team building challenge course (Students/Instructors only)  
 11:45am-12:30pm Lunch (Cookout at the beach Provided by BW)  
 12:30-2:30pm Canoeing (Chaperones allowed)\*    Alpine Tower (Chaperones allowed)\*

	A	B	C	D
2:45-3:00pm	Stretching/Warm-up			
3:00-3:30pm	Forms Class	Punch Defense (Adult Only)	One-steps	
3:35-4:05pm	Kicks Class	Joint Locks (Adult Only)	Forms Class	
4:10-4:40pm	Hand Techniques	Kick Defense (Adult Only)	Sparring	
4:45-5:10pm	Korean Language Workshop			
5:15-5:45pm	Board Breaking	Grappling (Adult Only)	Cardio Class/Fitness Basics	
5:50-6:20pm	Sparring	Weapons (Adult Only)	Spinning Kicks	Training your child at home**

Students will select a class at each time slot, if they do not know which class to do, the instructors will help guide the student to the class which will be most beneficial for them.

\*Students must sign-up for either Canoeing or Alpine Tower at time of registration. If too few students sign up for one of the activities, everyone will do the same activity.

\*\*This class is for parents of Lee's students to attend at the end of the day.