

AMERICAN TAEKWON-DO LEAGUE OF DOJANGS PRESENTS

2019 PATTERN SEMINARS

at MARK CASHATT'S TAEKWON-DO SCHOOL, INC.

665 FORMAN ROAD SOUDERTON, PA 18964

for all students who practice General Choi Hong Hi's set of 24 patterns. All Federations and groups are invited. Master Cashatt loves to dig deep in to the technique and application of the moves of the patterns. It's got to make sense! This will be an information, fast-paced seminar. Participants can bow in and bow out for the hours that pertain to their rank.

SATURDAY, JANUARY 5

- 9 AM Brief Warm-up
- 9:10 TONG-IL (6th DAN and above)
- 9:40 SE-JONG and SO-SAN (5th DAN and above)
- 10:20 MOON-MOO, UL-JI and YONG-GAE (4th DAN and above)
- 11:20 CHOI-YONG and YO-SIN (3rd DAN and above)
- noon lunch (pack or bring your own)
- 12:30 SAM-IL (3rd DAN and above)
- 12:50 KODANG, JUCHE, CHOONG-JANG, EUI-AM (2nd DAN and above)
- 2:20 PM dismissal

(times subject to very slight differences- we will stay on schedule)

\$15 per hour or \$60 for the day (45 minutes rounds off to an hour)

SEMINARS LEAD BY MASTER INSTRUCTOR MARK CASHATT

SATURDAY, JANUARY 26

- 9 AM Brief Warm-up
- 9:15 SAJU-JIRUGI, SAJU-MAKI, CHON-JI and DAN-GUN
- 10 DO-SAN, WON-HYO, YUL-GOK
- 10:45 JOONG-GUN, TOI-GYE, HWA-RANG
- 11:30 CHOONG-MOO, KWANG-GAE, PO-EUN and GE-BAEK
- 12:30 PM dismissal- group lunch at a place to be determined

(times subject to very slight differences- we will stay on schedule)

\$15 per hour or \$45 for the day (45 minutes rounds off to an hour)

SEMINARS LEAD BY MASTER INSTRUCTOR MARK CASHATT

REGISTRATION ___Jan. 4 ___Jan. 26

NAME _____ RANK _____

DOJANG _____ emerg. phone _____