

Region 22 2011 CENTRAL PA Gup Clinic



I would like to invite you to participate in the 21st Central PA Tang Soo Do Gup Clinic, which will take place on Saturday, April 2, 2012. This is the longest continuously running clinic in our area. The location will be the Moshannon Valley YMCA. This is an officially sanctioned event of the World Tang Soo Do Association. All Students who are members of the World Tang Soo Do Association from beginners to high rank are encouraged to attend.

This year our Master instructors include: Master Michael Kaye, Master Scott Homschek, Master Mark Jorgensen, Master Ken Peterman, Master Terry Summers and Master Julia Harvey. They will be joined by other senior instructors from the World Tang Soo Do Association and invited guest instructors from other martial disciplines.

This is a unique opportunity to train under these distinguished instructors, and to join together with your fellow students from central Pennsylvania, in the spirit of Tang Soo Do.

During this clinic, we will spend our time together training and sharing ideas. We will cover the latest updates on Hyung standardization, knife, bong, sword, cane and rope training, Hapkido, Filipino empty hand arts, and various approaches to fighting.

For the 13th year, the youth portion of the clinic (ages 6-12) will also be a full day of training (from 9 AM to 5:30 PM*). Students are reminded to pack a lunch and have their DoBak ready for a day full of formal Tang Soo Do training, plus games, relay races and craft projects appropriate for our younger students. Gentle, supervised sparring will be included in the children's training. Children with sparring gear are encouraged to bring their gear and mouthpiece with them. The day's youth activities will be organized by Master Julia Harvey (Youth Case Manager/Recreation Therapist) of Imperial Dragon Tang Soo Do Karate School.

*We regret that we are unable to extend the program to include Little Dragons & Tiny Tigers.

**parents that need to pick up their children early are free to do so with prior arrangement.

In addition to the variety of Gup training and children's classes, we are pleased to present special classes throughout the day specifically for Dan members. These classes will be taught directly by the Master instructors.

In the spirit of Tang Soo Do

Michael E. Kaye #020713

Master Michael E. Kaye, Ph.D., Oh Dan
Chief Instructor
Penn State Martial Arts Group
MikeKaye@aol.com

Note: All proceeds from this event will be donated to the World Tang Soo Do Building Fund and World Tang Soo Do Region 22 Scholarship Fund. Because of your support, we were able to donate over \$2000.00 last year.

Please check the Region 22 website for further information www.wtsdaregion22.com

Clinic Schedule

TIME	ADULTS	YOUTH
8:00-9:00am	Check-In & registration	Check-In & registration
9:00am	Formal opening ceremonies	Formal opening ceremonies
9:15	Warm-ups	Move to Gym B
9:30-10:00	Detailed basic drill	Warm-ups, coordination drills
10:00-10:30	Hyung Review –rank appropriate	Hyung training
10:30-11:00	1-step review	1-step review
11:00-12:00	Block A	Master presentation or terminology game
12:00-12:45	Lunch	Lunch
12:45-1:45	Block B	Master presentation or tumbling
1:45-2:45	Block C	Master presentation or sparring
2:45-3:00	Break	Break
3:00-4:00	Block D	Master presentation or story time
4:00-5:00	Block E	Master presentation or relay races
5:00-5:20	Cool down & group hyungs	Cool down & group demonstration
5:20-5:30	Presentations & closing ceremonies	Presentations & closing ceremonies

The afternoon session will consist of four blocks of training in which participants will be able to select from among the following topics: Weapons & Advanced Weapons (bong, knife, rope, sword, cane), Sparring, Hapkido, and other topics designed to deepen your understanding of the basic guiding principles of Tang Soo Do.

Instructors/Topics

Master Kaye:.....Basic Defensive Knife/Disarming / Advanced Defensive Knife techniques

Master Homschek:.....Flexible Weapons (rope) / Advanced 1-steps

Master Jorgensen:.....Fighting – timing, distance, angles and control

Master Terry Summers:.....Dirty Fighting and ground techniques

Master Ken Peterman:.....Basic Bong training / Advanced Bong fighting techniques

Master Julia Harvey:.....Youth program / How to teach our youngest students

Ms. Linda Russo:.....Sword Hyung Applications

Mr. Jeff Schwartz:.....Hyung Interpretations / Ki Gong Mr. Rashoud Olson

Ms. Martha Heise:.....Awareness training in Tang Soo Do

Mr. Rashoud Olson:.....Combining Hand, Kick and Self-Defense 1-Steps

Mr. Matt White & Ms. Lisa LaBrasca:....Youth Tumbling

Mrs. Nicole Peterman:.....Basic and advanced Ki Gong

Dr. Susan Strohm:.....Preparation for the written Dan tests

Mr. Brian Agostino:.....Introduction to Filipino Empty Hand fighting arts

Mr. Roy Donaldson:.....S.U.R.V.I.V.A.L.

Region 22 Leadership Class:Hyung and 1-step review / Additional session TBA

SPECIAL GUEST INSTRUCTORS:

Guro (Master) Joe Walls: Inayan Eskrima Filipino Martial Arts

Mr. Steve Jury Certified DMC professional Instructor, N.S.C.A. CPT, USA Track & Field Level 1 Coach: Topic - DMC unique bodyweight based program conditioning

Ms. Jill Rehig Assoc. Degree Physical therapy, Senior instructor “Myofascial Release Therapy: Topic - Get 3-Dimensional...Upside Down is Right Side Up

Additional Topics (if time permits)

Sword Hyung review / Senior Hyung review/Cane Techniques

What: 22nd Annual Central PA Gup Clinic

When: Saturday, April 2, 2011 9am – 5:30pm

Where: Moshannon Valley YMCA
103 North 14th St.
Philipsburg, PA 16866

Who: Any WTSDA member age 6 and over (Gup or Dan)

Fee: Youth (6-12) \$35.00 Adult - \$35.00

Region 22 Sponsoring Studios

A MOUNTAIN WIND MARTIAL ARTS	APPALACHIA TANG SOO DO	BUCKEYE TANG SOO DO
CLARION TANG SOO DO	COLUMBUS TANG SOO DO	DJ STUDIOS
IMPERIAL DRAGON TANG SOO DO	JOHNSTOWN TANG SOO DO	JOSEFIK'S KOREAN TANG SOO DO
KEYSTONE MARTIAL ARTS	MOUNTAIN LAIR TANG SOO DO	PENN STATE MARTIAL ARTS
RAYSTOWN TANG SOO DO	RIVER VALLEY TANG SOO DO	RIVERS EDGE MARTIAL ARTS
STEEL DRAGON MARTIAL ARTS	SUMMERS MARTIAL ARTS	STEEL RIVER MARTIAL ARTS
TRI COUNTY TANG SOO DO	WESTERN PA MARTIAL ARTS	

Articles to Bring: Uniform, Items appropriate to your rank (Bong, Dan Gum, Jun Gum, Cane), protective gear (minimum cup and mouth guard for students wishing to spar) wooden and/or rubber training knife, and any other articles that you think you may need. A food stand will be operating on site. Participants may pack a lunch and snacks for breaks between training sessions. **All students must wear official WTSDA DoBahk and Belt.*

Clinic Registration: Submit this form to the registration desk at the YMCA between 8am – 9am, Saturday April 2, 2011.

Registration Form

22nd Annual Central PA Gup Clinic

Make checks payable to MICHAEL KAYE

All proceeds from the clinic will be contributed to the World Tang Soo Do Building and Scholarship Funds.

(circle one)

YOUTH - \$35.00

ADULT - \$35.00

Date: _____

***IMPORTANT: Anyone under the age of 18 MUST have parent or guardian signature to participate – NO EXCEPTIONS**

Name: _____ Age: _____ Sex: _____

Rank: _____ Association Number _____

Address: _____

Phone: (home) _____ (work) _____ (e-mail) _____

Studio: _____ Instructor: _____

Approval signature

Waiver and Agreement: I, the undersigned, assume all risks for injury that I may sustain in connection with the clinic and waive claims against my instructor(s), any other student(s), participant(s), any studio(s), regional director, the World Tang Soo Do Association, and its officials or the Moshannon Valley YMCA. I further understand that I will strictly observe and obey all rules and regulations governing this clinic.

Participant: _____ Guardian: _____

Signature

Required if participant is under 18

PHILIPSBURG YMCA

103 N. 14th St., Philipsburg, PA 16866



For personalized directions, you can go on-line at: www.mapquest.com or www.mapblast.com

ACCOMMODATIONS:

Holiday Inn Express - 1-800-HOLIDAY, 814-867-1800 1925 Waddle Road, State College

Springhill Suites by Marriott - 867 -1807, Waddle Road, State College

Hampton Inn & Suites - 231-1899 1955 Waddle Road, State College

Sleep Inn - 235-1020, 111 Village Dr., State College

Comfort Suites - 235-1900, 132 Village Drive, State College

Please check the Region 22 website for any updates or additional information

www.wtsdaregion22.com