

# BLACK BELT PREPARATION

Breaking, Part One	Saturday, May 12 <sup>th</sup>	1pm – 3pm
Breaking, Part Two	Saturday, May 26 <sup>th</sup>	1pm – 3pm
Hyungs	Saturday, June 2 <sup>nd</sup>	1pm – 4pm

## Bailey's Traditional Taekwon Do College

22315 Highway 99 N, Suite 6-7; Edmonds, WA 98026

These seminars are intended for brown belts that are currently working toward their 1<sup>st</sup> Dan Black Belt. Instructor Approval is required to attend.

The Hyungs seminar will focus on Chon-Ji through Choong-Moo. Each candidate will review their hyungs and receive critique from Ed Bailey, Shirley Bailey and Nikka Gaviola. Be prepared to perform all of your hyungs at least 3 times during this intensive review. You will receive immediate instruction on how to correct or improve technique. You will also be provided with a summary of your critique via email after the conclusion of the seminar.

The Breaking Seminar, part one will focus on perfecting the techniques you have chosen to break with for your black belt test. You will be given homework to help you condition your muscles and your breaking weapon between Part One and Part Two of this seminar.

The Breaking Seminar, part two will focus on actually breaking with your chosen techniques.

Space is limited, so please pre-register at [info@BaileysTraditionalTKD.com](mailto:info@BaileysTraditionalTKD.com)

Hyungs Seminar Fee: \$20.00

Breaking Seminar Fee: \$20.00 [fee includes part one and part two]

Please do not hesitate to call us at 425.778.4006 with any questions.

Courtesy ● Integrity ● Self-Control ● Perseverance ● Indomitable Spirit