



March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Flexibility week</i>	1 Ho sin sul & ground defense (P)	2 Ho sin sul, breaking & sparring	3 Il soo sik, breaking & sparring	4 7:30 PM BB Test Prep Class Il soo sik & rolls (P)	5 <i>Teacher Workday –no school Aiken Co.</i>	6 Hyungs (P)
7 Demo Team Practice 1-3 PM <i>Strength week</i>	8 Hyungs & bong hyungs	9 Hyungs, bong hyungs & sparring	10 Ho sin sul, rolls & sparring	11 7:30 PM BB Test Prep Class Ho sin sul, rolls & falls	12	13 TD CLOSED Black Belt Pre-Test & Judging Clinic Col., SC 10 AM
14 <i>Cardio week</i>	15 Il soo sik, bong il soo sik & breaking (P)	16 Il soo sik & sparring	17 <i>Happy St. Patrick's Day!</i> Hyungs & sparring	18 Hyungs, bong hyungs & breaking (P)	19	20 Basics (P)
21 Demo Team Practice 1-3 PM <i>Test Prep week</i>	22 Il soo sik & ho sin sul	23 Il soo sik, ho sin sul & sparring	24 Hyungs, basics & sparring	25 Hyungs & basics	26 <i>Teacher Workday—no school Aiken Co.</i> 6:00 PM Gup Test	27 11:00 AM BBC Seminar– Escrima Il soo sik (P)
28 <i>Flexibility week</i>	29 Hyungs & bong hyungs (P)	30 Hyungs & sparring	31 Ho sin sul & sparring			