



# WINTER WORKSHOPS/CLINICS



All Workshops/Clinics will be held at Manna's Martial Arts.

Learn, build and support your skills! Sign up now to hold your space.

Manna's Martial Arts, 12285B World Trade Drive, San Diego CA 92128 858.487.6470

## SATURDAY WORKSHOPS/CLINICS Select as many as you want to attend

### SATURDAY November 9

2:30PM-3 :30PM (You may select either #1 or #2, they are at the same time)

#1: Nunchaku Basics / Safety Class Green Belt and above \$20 \_\_\_\_\_ or

#2: Bong Soo Sik 11-15 Red Belt and above \$20 \_\_\_\_\_

4PM-5PM (You may select either #3 or #4, they are at the same time)

#3: Kyo Yook Nunchaku Blue Belt and above \$20 \_\_\_\_\_ or

#4: Bong Soo Sik 16-20 Black Belts \$20 \_\_\_\_\_

### SATURDAY November 16

2:30PM-3 :30PM (You may select either #1 or #2, they are at the same time)

#5: Bong Soo Sik 6-10 Blue Belt and above \$20 \_\_\_\_\_ or

#6: Bong Hyung E Bu Red Belt and above \$20 \_\_\_\_\_

4PM-5PM (You may select either #1 or #2, they are at the same time)

#7: Bong Hyung IL Bu Blue Belt and above \$20 \_\_\_\_\_ or

#8: Nunchaku E Bu Black Belts 2 hour 4-6PM \$40 \_\_\_\_\_

### SATURDAY November 23

2:30PM-3 :30PM (You may select either #1 or #2, they are at the same time)

#9: Kyo Yook Bong Green Belt and above \$20 \_\_\_\_\_ or

#10: IL Soo Sik 11-15 Red Belt and above \$20 \_\_\_\_\_

4PM-5PM (You may select either #1 or #2, they are at the same time)

#11: Bong Soo Sik 1-5 Green Belt and above \$20 \_\_\_\_\_ or

#12: IL Soo Sik 6-10 Blue Belt and above \$20 \_\_\_\_\_

5:30PM to 7:30PM

#13: Dan Bong Black Belts 2 hr \$40 \_\_\_\_\_

## THANKSGIVING SPORTS CAMP WEEK These Workshops/clinics are included for Sports Camp attendees!

### MONDAY November 25

#14: Ho Sin Sul 1-10 All Ranks 9AM to 10AM \$20 \_\_\_\_\_

#15: IL Soo Sik 1-5 Green Belt and above 10:30 to 11:30AM \$20 \_\_\_\_\_

#16: Sparring Basics All Ranks 1PM to 2PM \$20 \_\_\_\_\_

### TUESDAY November 26

#17: Nunchaku Il Bu Red Belt and above 9AM to 10AM \$20 \_\_\_\_\_

#18: Hapkido 1-6 All Ranks 10:30 to 11:30AM \$20 \_\_\_\_\_

#19: Point Sparring All members with gear 1PM to 2:30PM \$30 \_\_\_\_\_

### WEDNESDAY November 27

#20: Basic Kicks All Ranks 9AM to 10AM \$20 \_\_\_\_\_

#21: Jump Kicks All Ranks 10:30 to 11:30AM \$20 \_\_\_\_\_

#22: Spinning Kicks Orange Belt and above 1PM to 2PM \$20 \_\_\_\_\_

## BELT TEST WEEK Early Evening Breaking Event

### WEDNESDAY December 4th

23: Breaking Orange Belt and above 5:30-7pm 1 1/2 hr \$40 \_\_\_\_\_

(Includes 3 boards for breaking)

Please check above and circle the Workshops/Clinics I will be attending below

**MANNA'S WINTER WORKSHOPS/CLINICS**

Participant's name

Rank

Participation Fee

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23



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## SATURDAY WORKSHOPS/CLINICS Select as many as you want to attend

SATURDAY NOVEMBER 9TH	You may select either #1 or #2, they are at the same time		You may select either #3 or #4, they are at the same time		
	#1: Nunchaku Basics/Safety Class Green Belt & above 2:30 to 3:30PM \$20	#2: Staff One Steps Bong Soo Sik 11-15 Red Belt & above 2:30 to 3:30PM \$20	#3: Nunchaku Kyo Yook Nunchaku Blue Belt & above 4PM to 5PM \$20	#4: Staff One Steps Bong Soo Sik 16-20 All Black Belts 4PM to 5PM \$20	
SATURDAY NOVEMBER 16TH	You may select either #5 or #6, they are at the same time		You may select either #7 or #8, they are at the same time		
	#5: Staff One Steps Bong Soo Sik 6-10 Blue Belt & above 2:30 to 3:30PM \$20	#6: Staff Form Bong Hyung E Bu Red Belt & above 2:30 to 3:30PM \$20	#7: Staff Form Bong Hyung IL Bu Blue Belt & above 4PM to 5PM \$20	#8: Nunchaku 2HR Nunchaku E Bu All Black Belts 4PM to 6PM \$40	
SATURDAY NOVEMBER 23RD	You may select either #9 or #10, they are at the same time		You may select either #11 or #12, they are at the same time		#13: Staff Form 2HR Dan Bong All Black Belts 5:30PM to 7:30PM \$40
	#9: Staff Exercise Kyo Yook Bong Green Belt & above 2:30 to 3:30PM \$20	#10: One Steps IL Soo Sik 11-15 Red Belt & above 2:30 to 3:30PM \$20	#11: Staff One Steps Bong Soo Sik 1-5 Green Belt & above 4PM to 5PM \$20	#12: One Steps IL Soo Sik 6-10 Blue Belt & above 4PM to 5PM \$20	

## THANKSGIVING SPORTS CAMP WEEK Select as many as you want to attend - Open to All

MONDAY DAYTIME NOVEMBER 25TH	#14: Self Defense Ho Sin Sul 1-10 All Ranks 9AM to 10AM \$20	#15: One Steps IL Soo Sik 1-5 Green Belt & above 10:30 to 11:30AM \$20	#16: Sparring Basics Ja Yu Dae Ryrun All Ranks 1PM to 2PM \$20	If you are attending the Sports Camp day/days of the Thanksgiving Week Workshops/Clinics are included on the days of your attendance. All others available by paying the attendance fee.
TUESDAY DAYTIME NOVEMBER 26TH	#17: Nunchaku Nunchaku IL Bu Red Belt & above 9AM to 10AM \$20	#18: Self Defense Hapkido 1-6 All Ranks 10:30 to 11:30AM \$20	#19: Point Sparring Must have sparring gear All Ranks 1PM to 2:30PM \$30	
WEDNESDAY DAYTIME NOVEMBER 27TH	#20: Kicking Basics All Ranks 9AM to 10AM \$20	#21: Kicking Jump Kicks All Ranks 10:30 to 11:30AM \$20	#22: Kicking Spinning Orange Belt & above 1PM to 2PM \$20	

## BELT TEST WEEK Early Evening Breaking Event

WEDNESDAY EVENING DECEMBER 4TH	#23: Breaking (Kyuck Pa) 3 boards included Orange Belt & above 5:30PM to 7PM \$40
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Please circle the Workshops/Clinics I will be attending above and below

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Participant's name	Rank	Participation Fee
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