

2010 National Training Conference Schedule



Thursday, March 18

National Black Belt Exam

9 a.m. – noon

Business Boot Camp

10 a.m. - noon

Leadership Training & Business Boot Camp Continues

1 p.m.-4:30 p.m.

Dress Code: Dressy casual USCDKA logo shirts would be perfect!

Black Belt Graduation

6:30 p.m.- 8:00 p.m.

Dress Code: Casual Sr. Instructors/Masters: Blazer or uniform

Immediately following graduation cake & punch served

Friday, March 19

General Sessions and Breakout Classes

8:30 a.m. – 4:00 p.m.

2010 U.S. CHUNG DO KWAN ASSOCIATION HALL OF FAME BANQUET

Pinning of the Masters

Master Degree Promotions

Grandmaster Degree Promotions

Hall of Fame Longevity Awards

Social time

(6 p.m. until ????)

Dress Code: Dressy Being pinned? Blazer

Saturday, March 20

General Sessions and Breakout Classes

8:30 a.m. – 5:00 p.m.

Kids Kamp

Saturday 9 a.m. – 5:30 p.m. (Registration begins at 8:30 a.m.)

Thursday, March 18 2010 USCDKA National Conference Schedule

2010 ANNUAL LEADERSHIP SEMINAR and BUSINESS BOOT CAMP

Sr. Grandmaster Edward B. Sell

Grandmaster Brenda J. Sell and staff

Dress Code: Dressy casual USCDKA logo shirts would be perfect!

Time	Track	Course	Location
		Pro Shop Open 11:30a-1P, 6:00p to 8:30p	7 th Floor
9:00a – 1:00p		Registration for Conference	7 th Floor
10:00 - noon	Business Boot Camp	1. Business Boot Camp 2. Marketing 101 3. How to Write a Business Plan (builds on the 2 previous presentations)	Conference Room 2 nd floor
12:00-12:45		Lunch on your own <i>The Swann will serve a wonderful buffet at reasonable costs.</i>	Restaurant is open in the hotel
1:00-4:30	Leadership	Topics: 1:00-2:00 – Time with the Kwan Jang The Number 1 Secret to A Spectacular School Three Ways to Increase Your Income 2:00-2:30 – Time with the President Statistics You Must Know to Grow 2:30-4:30 – Round Table Discussion – Topics will be distributed prior to conference	Conference Room 2 nd floor
4:30-6:00	Dinner		
6:30-8:00	Traditional	Black Belt Graduation Dress Code: Casual Sr.Instructors/Masters: Blazer or uniform	Ball Room 7 TH floor
8:00-9:00	FUN!!!!	Celebrate with our Black Belt Graduates Hangout with each other. Cake, and punch will be served. Pool is open for the brave souls who want to swim.	

Friday, March 19 2010 USCDKA National Conference Schedule

Time	Track	Course <i>Pro Shop open 8am, snacks available on 7th floor</i>	Location
8:30-10:00	General Session & VINTAGE	General Session <i>Sr. GM Sell, GM B.Sell, and USCDKA Grandmasters</i> Vintage History, Vintage Forms (forms taught in the old days) Vintage Pressure Points	All in Ballroom
10:15-12:00	VINTAGE	VINTAGE SPARRING – part 2 & 3 Falling, Foot Sweeps and Take Downs used in sparring <i>Sr. GM Sell and Vintage Staff</i>	Salon A,B,C 7 th floor
10:15-11:00	Traditional	BO STAFF TECHNIQUE <i>Chief Master Bernie Fritts</i>	Horizon 7 TH floor
11:15-12:00	Teaching & Leadership	CHUNG-DO Kids 1 (Starting a CDKids Program) <i>Chief Instructor Sally Ax</i>	Boardroom 5 TH floor
11:15-12:00	Traditional	SPARRING DRILLS <i>GMC Begley & GMC Harold Carr</i>	Horizon 7 TH floor
12:00-12:45	Lunch on your own -A quick buffet at reasonable costs at Swann.		Restaurant
1:00-2:15	General Session	U.S. Chung Do Kwan Poomse Training/Black Belts Perfecting Your Poomse /Gup Students <i>Grandmaster B. Sell and staff</i>	Ballroom 7 TH floor
2:30-3:15	Traditional	PRACTICAL DEFENSE - Grabs, holds, and chokes <i>Chief Master Scott Wisneski</i>	Heritage 6 th floor
	Leadership & Teaching	TEACHING CHILDREN <i>Grandmaster Brenda Sell and staff</i>	Salon C 7 TH floor
	Traditional	DEMO TEAMS <i>Master Fritts & Chief Instructor Sally Ax</i>	Horizon 7 TH floor
	Business Boot Camp	TECHNOLOGY 101 <i>Master Keith Lohse</i>	Conference Room 2 nd floor
3:30-4:30	Traditional	Nunchuck TECHNIQUE <i>Chief Master Bernie Fritts</i>	Salon A 7 TH floor
	Business Boot Camp	DEVELOPING A BUSINESS PLAN Interactive Start working on your plan. Guidance and Q&A based from the presentation given on Thurs. A.M. <i>Master Keith Lohse</i>	Conference Room 2 nd floor
	Teaching & Leadership	CHUNG-DO KIDS part 2 (sharing ideas, problems, and successes)	Rainmaker Room
	Traditional	INTRODUCTION TO GROUND GRAPPLING <i>Grandmaster Melanie Wyatt</i>	Heritage 6 th floor
6:00 p.m.-	Dinner	HAPKIDO <i>Master Dan Dorton</i>	Lafayette 4 th floor
		<i>USCDKA Conference Banquet and Hall of Fame Longevity Awards, Pinning of the Masters, Master and Grandmaster Presentations.</i>	

USCDKA Conference Banquet

Dress Code: Dressy attire **Being pinned?** USCDKA Blazer

Music and social activities are also planned to provide you with an opportunity to fellowship and get to know each other, so plan to stick around and get to know someone new, refresh relationships.

Saturday, March 20 2010 USCDKA Conference Schedule

Time	Track	Course <i>Pro Shop open 8am, snacks available on 7th floor</i>	Location
8:30-10:45	General & Vintage	Opening VINTAGE BASIC FUNDAMENTALS AND ONE STEP SPARRING <i>Sr. Grandmaster Sell and Vintage Staff</i>	Ballroom 7 th floor
11:00-12:00	VINTAGE Traditional	VINTAGE CONDITIONING <i>GM Brenda Sell and staff</i> TAKE DOWNS <i>Grandmaster Mark Begley</i>	Horizon 7 TH floor Heritage 6 th floor
12:00-12:45	Lunch on your own <i>The Swann serves a buffet at reasonable costs.</i>		Restaurant
1:00-1:45	VINTAGE Traditional	VINTAGE KNIFE DEFENSE <i>GrandMaster Harold Carr</i> SELF-DEFENSE <i>Grandmaster Mark Begley</i>	Heritage 6 th floor Horizon 7 TH floor
2:00-2:45	VINTAGE Traditional	VINTAGE BREAKING (your choice of #1 or #2) <i>Sr. Grandmaster Sell and staff</i> SPARRING DRILLS <i>Grandmaster Mark Begley</i>	Salon A, B, C 7 TH floor Horizon 7 TH floor
3:00-3:45	VINTAGE Traditional Leadership & Teaching	VINTAGE SPARRING part 3 Putting it All Together <i>Sr. Grandmaster Sell and staff</i> HAPKIDO <i>Master Daniel Lawing</i> SPIRITUAL DEVELOPMENT <i>Grandmaster Brenda J. Sell</i> OPEN SESSION Come practice what you've learned under the supervision of our conference staff.	Horizon 7 nd floor Heritage 6 th floor Boardroom 5 TH floor Salon A 7 th floor
4:00-5:00		General Session	All in ballroom

2010 National Conference Kidz Kamp Schedule

Saturday, March 20, 2010 9:00a-5:00p

Kidz Kamp Directors:

Chief Master Bernie Fritts & Chief Instructor Sally Ax

Items to bring: Wear your uniform and belt. Bring your Nunchucks (or pre-order with your registration and you can pick them up on site.) *Optional:* Disposable Camera (We will put your name on it and help you take cool pics for your portfolio) Extra money for vending machines (drinks and snacks). Bottled water.

Time	Course/Activity
8:30-9:00	Registration at the Swann Hotel <i>Chief Instructor Sally Ax 7th floor</i>
9:00-9:45	Vintage CHUNG-DO Basic Fundamentals <i>Sr. Grandmaster Sell</i> Join the National Training Conference in a General Session in the Grand Ballroom for specialized training with our Kwan Jang. Basic Fundamentals are the ABC's of Taekwondo. You'll be amazed at how important they are.
10:00-10:45	Vintage CHUNG-DO One-Step Sparring <i>Sr. Grandmaster Sell</i> The possibilities of creating your own creative One Step Sparring are endless. By the end of this class you should be able to do at least 100 creative One Step Sparring.
10:30-10:45	Change location, restroom break
11:00-12:00	Nunchuck Technique <i>Chief Master Bernie Fritts</i> Bring your chucks, or pre-order them with your registration. You will have lots of fun as you learn how to do proper techniques with your chucks, hopefully without hitting yourself in the head!
12:00-12:30	Lunch (Pizza and a drink provided)
12:30-2:00	Tournament Time You will hold your very own KIDZ KAMP TOURNAMENT! You will take turns being judges, time keepers, coaches and competitors.
2:00-2:45	Design Your KIDZ KAMP Portfolio Page <i>Chief Instructor Sally Ax</i> The staff will provide you with materials to put together your Portfolio Page, complete with a picture taken at Kidz Kamp. A prize will be given, so put your creative hats on!
2:45-3:00	Restroom break
3:00-3:30	6 Ways To Kick You will learn how to apply all of the basic kicks 6 different ways and then how to mix them up and get creative. There will also be a contest for who can kick the highest and jump the farthest.
3:30-3:40	Restroom Break
3:40-4:30	CHUNG-DO Special Skits. You will all be participating in a fun and exciting skit. Time to show off what you've learned. SHHHHHHH. We've heard there are special prizes for the kids that can demonstrate new things they learned new things today. You'll also practice for the demo in the Ballroom at the Swann Hotel!!!
4:30-5:00	Kidz Kamp will finish at the Swann Hotel Ballroom where you will put on a demo for the National Training Conference.

Note: Don't forget to bring bottled water and your nunchucks. Schedule subject to change.