



SEGALA TAEKWON-DO

AUTUMN TRAINING CAMP

RIEUPEYROUX, MIDI PYRENEES, FRANCE

Wed 29th September – Sun 3rd October 2010



TRAINING SCHEDULE

WEDNESDAY 29TH SEPT

11.35 – 14.15hrs ARRIVE RODEZ AIRPORT FR8374
14.45 – 16.45hrs TRANSFER TO RIEUPEYROUX
17.30 – 18.15hrs **WARM UP / LAKE COURSE**
18.30 – 20.00hrs **FUNDAMENTAL MOVEMENTS / INC CHON JI – YUL GOK**
20.30 – 21.30hrs DINNER

THURSDAY 30TH SEPT

07.30 – 08.30hrs BREAKFAST
08.30 – 09.15hrs **WARM UP / HILL COURSE**
09.30 – 12.00hrs FREE TRAINING / EXCURSION (OPTIONAL)
12.15 – 13.30hrs LUNCH
14.30 – 16.00hrs **APPLICATION OF MOVEMENTS / INC JOONG GUN – TOI GYE**
16.00 – 16.30hrs BREAK (INDIVIDUAL TUL)
16.30 – 18.30hrs **PAD WORK COMBINATIONS / SPARRING TECHNIQUES**
20.00 – 21.30hrs DINNER

FRIDAY 1ST OCT

07.30 – 08.30hrs BREAKFAST
08.30 – 09.15hrs **WARM UP / ASSAULT COURSE**
09.30 – 12.00hrs **STEP SPARRING / INC HWA RANG – CHOONG MOO**
12.30 – 13.45hrs LUNCH
14.30 – 16.00hrs **ADVANCED MOVEMENTS / INC KWANG GAE – JUCHE**
16.00 – 16.30hrs BREAK (INDIVIDUAL TUL)
16.30 – 18.30hrs **PAD WORK COMBINATIONS / SPARRING TECHNIQUES**
20.00 – 21.30hrs DINNER

SATURDAY 2ND OCT

07.30 – 08.30hrs BREAKFAST
08.30 – 09.15hrs **WARM UP / LAKE RACE**
09.30 – 12.00hrs **ADVANCED MOVEMENTS / INC SAM IL – MOON MOO**
12.30 – 13.45hrs LUNCH
14.30 – 16.00hrs **SPECIAL TECHNIQUES / INC SO SAN – TONG IL**
16.00 – 16.30hrs BREAK (INDIVIDUAL TUL)
16.30 – 18.00hrs **PAD WORK COMBINATIONS / SPARRING**
20.00 – 21.30hrs DINNER

SUNDAY 3RD OCT

07.30 – 08.30hrs BREAKFAST
08.30 – 09.15hrs **WARM UP / CHAPEL CHALLENGE**
09.30 – 12.00hrs **SELF DEFENCE INC JOINT MANIPULATION & VITAL SPOTS**
12.30 – 13.45hrs LUNCH
15.15 – 16.00hrs TRANSFER RODEZ AIRPORT
17.05hrs DEPART RYANAIR FR8375