

World Tang Soo Do Association—Region 7 Training Clinic  
Saturday, February 11, 2017  
11:00 AM - 3:00 PM

Denver United Methodist Church-Gym  
3910 Hwy 16 N, Denver NC

- 11:00—11:05 Line Up & Introductions
- 11:05—11:25 Basics as a group (for WTSDA members) | Cardio Core session with Miss Scully (for non WTSDA members)
- 11:30—12:20 Session 1
- 12:25—1:15 Session 2
- 1:20—2:10 Session 3
- 2:15—2:35 Forms as a group (for WTSDA members) | Stretching/yoga/core session with Miss Scully (for non WTSDA members)
- 2:35—3:00 Bow out & Pizza party
- 3:00 Board meeting at Causby Karate Academy (3634 Business Hwy 16 N, Denver NC)