



## Region 22 2010 CENTRAL PA Gup Clinic

I would like to invite you to participate in the 21st Central PA Tang Soo Do Gup Clinic, which will take place on Saturday, March 27, 2010. This is the longest continuously running clinic in our area. The location will be the Moshannon Valley YMCA. This is an officially sanctioned event of the World Tang Soo Do Association. All Students who are members of the World Tang Soo Do Association from beginners to high rank are encouraged to attend.

This year our Master instructors include: Master Michael White, Master Michael Kaye, Master Scott Homschek, Master Mark Jorgensen, Master Michael Molinaro, Master Ken Peterman, and Master Rick Panebianco. They will be joined by other senior instructors from the World Tang Soo Do Association and invited guest instructors from other martial disciplines.

This is a unique opportunity to train under these distinguished instructors, and to join together with your fellow students from central Pennsylvania, in the spirit of Tang Soo Do.

During this clinic, we will spend our time together training and sharing ideas. We will cover the latest updates on Hyung standardization, knife, bong, sword, cane and rope training, Hapkido, Filipino empty hand arts, and various approaches to fighting.

For the twelfth year, the youth portion of the clinic (ages 6-12) will also be a full day of training (from 9 AM to 5:30 PM\*). Students are reminded to pack a lunch and have their DoBak ready for a day full of formal Tang Soo Do training, plus games, relay races and craft projects appropriate for our younger students. Gentle, supervised sparring will be included in the children's training. Children with sparring gear are encouraged to bring their gear and mouthpiece with them. The day's youth activities will be organized by Ms. Julia Harvey, Sah Dan, (Youth Case Manager/Recreation therapist) of Imperial Dragon Tang Soo Do Karate School.

\*We regret that we are unable to extend the program to include Little Dragons & Tiny Tigers.

\*\*parents that need to pick up their children early are free to do so with prior arrangement.

In addition to the variety of Gup training and children's classes, we are pleased to present special classes throughout the day specifically for Dan members. These classes will be taught directly by the Master instructors.

In the spirit of Tang Soo Do

*Michael E. Kaye #020713*

Master Michael E. Kaye, Ph.D., Oh Dan

Chief Instructor

Penn State Martial Arts Group

MikeKaye@aol.com

*Note: All proceeds from this event will be donated to the World Tang Soo Do Building Fund and World Tang Soo Do Region 22 Scholarship Fund. Because of your support, we were able to donate over \$2000.00 last year.*

Please check the River Valley web site for any updated or additional information: [www.rvtsda.com](http://www.rvtsda.com)

## Clinic Schedule

| TIME        | ADULTS                             | YOUTH                                   |
|-------------|------------------------------------|---|
| 8:00-9:00am | Check-In & registration            | Check-In & registration                 |
| 9:00am      | Formal opening ceremonies          | Formal opening ceremonies               |
| 9:15        | Warm-ups                           | Move to Gym B                           |
| 9:30-10:00  | Detailed basic drill               | Warm-ups, coordination drills           |
| 10:00-10:30 | Hyung Review –rank appropriate     | Hyung training                          |
| 10:30-11:00 | 1-step review                      | 1-step review                           |
| 11:00-12:00 | Block A                            | Master presentation or terminology game |
| 12:00-12:45 | Lunch                              | Lunch                                   |
| 12:45-1:45  | Block B                            | Master presentation or tumbling         |
| 1:45-2:45   | Block C                            | Master presentation or sparring         |
| 2:45-3:00   | Break                              | Break                                   |
| 3:00-4:00   | Block D                            | Master presentation or story time       |
| 4:00-5:00   | Block E                            | Master presentation or relay races      |
| 5:00-5:20   | Cool down & group hyungs           | Cool down & group demonstration         |
| 5:20-5:30   | Presentations & closing ceremonies | Presentations & closing ceremonies      |

The afternoon session will consist of four blocks of training in which participants will be able to select from among the following topics: Weapons & Advanced Weapons (bong, knife, rope, sword, cane), Sparring, Hapkido, and other topics designed to deepen your understanding of the basic guiding principles of Tang Soo Do.

### Instructors/Topics

**Master White:** .....The Training Line / The Spirit of Hapkido

**Master Kaye:**.....Basic Defensive Knife/Disarming / Advanced Defensive Knife techniques

**Master Homschek:**.....Flexible Weapons (rope) / Advanced 1-steps

**Master Jorgensen:**.....Fighting – timing, distance, angles and control

**Master Ken Peterman:**.....Basic Bong training / Advanced Bong fighting techniques

**Master Michael Molinaro:**...Countering the counter, Pressure Points, Joint locks and advanced applications.

**Master Rick Panebianco:**....Follow up flow for WTSDA 1-steps

**Ms. Julia Harvey:**.....Youth program / How to teach our youngest students

**Mr. Jeff Schwartz:**.....Hyung Interpretations / Ki Gong

**Mr. Matt White & Ms. Lisa LaBrasca:**....Youth Tumbling

**Mrs. Nicole Peterman:**.....Basic and advanced Ki Gong

**Dr. Susan Strohm:**.....Preparation for the written Dan tests

**Mr. Brian Agostino:**.....Introduction to Filipino Empty Hand fighting arts

**Mr. Roy Donaldson:**.....Proper falling technique

**Region 22 Leadership Class:**...Hyung and 1-step review / Additional session TBA

### Additional Topics (if time permits)

Sword Hyung review / Senior Hyung review/Cane Techniques

**What: 21st Annual Central PA Gup Clinic**

**When: Saturday, March 27, 2010 9am – 5:30pm**

**Where: Moshannon Valley YMCA  
103 North 14<sup>th</sup> St.  
Philipsburg, PA 16866**

**Who: Any WTSDA member age 6 and over (Gup or Dan)**

**Fee: Youth (6-12) \$35.00 Adult - \$35.00**

**Region 22 Sponsoring Studios**

|                              |                              |                             |
|------------------------------|------------------------------|-----------------------------|
| A MOUNTAIN WIND MARTIAL ARTS | APPALACHIA TANG SOO DO       | ARTECA'S MARTIAL ARTS       |
| BOBCAT TANG SOO DO           | BUCKEYE TANG SOO DO          | CLARION TANG SOO DO         |
| COLUMBUS TANG SOO DO         | DJ STUDIOS                   | IMPERIAL DRAGON TANG SOO DO |
| JOHNSTOWN TANG SOO DO        | JOSEFIK'S KOREAN TANG SOO DO | KEYSTONE MARTIAL ARTS       |
| MOUNTAIN LAIR TANG SOO DO    | PENN STATE MARTIAL ARTS      | RAYSTOWN TANG SOO DO        |
| RIVER VALLEY TANG SOO DO     | STEEL DRAGON MARTIAL ARTS    | STEEL RIVER MARTIAL ARTS    |
| SUMMERS MARTIAL ARTS         | TRI COUNTY TANG SOO DO       | WESTERN PA MARTIAL ARTS     |

**Articles to Bring:** Uniform, Items appropriate to your rank (Bong, Dan Gum, Jun Gum, Cane), protective gear (minimum cup and mouth guard for students wishing to spar) wooden and/or rubber training knife, and any other articles that you think you may need. A food stand will be operating on site. Participants may pack a lunch and snacks for breaks between training sessions. *\*All students must wear official WTSDA DoBahk and Belt.*

**Clinic Registration:** Submit this form to the registration desk at the YMCA between 8am – 9am, Saturday, March 27, 2010.

\*\*\*\*\*

**Registration Form**

**21st Annual Central PA Gup Clinic**

**Make checks payable to MICHAEL KAYE**

*All proceeds from the clinic will be contributed to the World Tang Soo Do Building and Scholarship Funds.*

(circle one)

YOUTH - \$35.00

ADULT - \$35.00

Date: \_\_\_\_\_

**\*IMPORTANT: Anyone under the age of 18 MUST have parent or guardian signature to participate – NO EXCEPTIONS**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Rank: \_\_\_\_\_ Association Number \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (home) \_\_\_\_\_ (work) \_\_\_\_\_

Studio: \_\_\_\_\_ Instructor: \_\_\_\_\_

Approval signature

Waiver and Agreement: I, the undersigned, assume all risks for injury that I may sustain in connection with the clinic and waive claims against my instructor(s), any other student(s), participant(s), any studio(s), regional director, the World Tang Soo Do Association, and its officials or the Moshannon Valley YMCA. I further understand that I will strictly observe and obey all rules and regulations governing this clinic.

Participant: \_\_\_\_\_ Signature  
Guardian: \_\_\_\_\_ Required if participant is under 18

# PHILIPSBURG YMCA

103 N. 14<sup>th</sup> St., Philipsburg, PA 16866



For personalized directions, you can go on-line at: [www.mapquest.com](http://www.mapquest.com) or [www.mapblast.com](http://www.mapblast.com)

## ACCOMMODATIONS:

**Holiday Inn Express** - 1-800-HOLIDAY, 814-867-1800 1925 Waddle Road, State College

**Springhill Suites by Marriott** - 867 -1807, Waddle Road, State College

**Hampton Inn & Suites** - 231-1899 1955 Waddle Road, State College

**Sleep Inn** - 235-1020, 111 Village Dr., State College

**Comfort Suites** - 235-1900, 132 Village Drive, State College

*Please check the Region 22 website for any updates or additional information*

[www.rvtsda.com](http://www.rvtsda.com)