



INDEPENDENT TANG SOO DO ASSOCIATION

South Hills Karate Academy

1711 Route 885

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412-418-3688



2023 Winter - Advanced Belt Training Clinic

When:

Sunday February 19th 2023

Time: 11:00AM - 1:30PM

Who:

Red Belts & All Black Belts

Material:

Pyong Ahn III Soo Shik Deyrun & Chil Sung Hyung, Jion, Oh Sip Sa Bo

I hope this communication finds you doing well. The purpose of this communication is to inform you of a special advanced training session for **all Red Belts and all Black Belts** that will take place on **Sunday February 19th from 11:00AM - 1:30PM.**

Itinerary:

- **11:00AM - 12:15PM - Pyong III Soo Shik Deyrun (One-step Sparring Drills)**
We will cover the Pyong III Soo Shik Deyrun Requirements for Advanced students along with where the techniques are in the Pyong Ann Hyung. These techniques translate well to the practical application (bunkai) from the Pyong Ann form set and allows practitioners to practice the applications in two-person drills with an attacker and defender.

These include two sets of drills for each Pyong Ahn hyung, Cho Dan through Oh Dan.
- **12:15PM - 12:30PM - Break for snack**
Please pack food for a quick lunch such as a protein shake, piece of fruit or protein bar!
- **12:30PM - 1:30PM - Advanced Chil Sung Hyung Practice**
 - **Chil Sung Sam Ro - Red Belts & Up**
 - **Chil Sung Sa Ro - 1st Degree Black Belt & Up**
 - **Chil Sung Oh Ro - 2nd Degree Black Belt & Up**
 - **Jion & Oh Sip Sa Bo (Time Permitting) - 4th Degree Black Belt & Up**

Regards,

Master Gene Garbowsky
President & Founder, Independent Tang Soo Do Association

中立唐手道協會