



INDEPENDENT TANG SOO DO
ASSOCIATION

South Hills Karate Academy

1711 Route 885

West Mifflin, PA 15122

412-418-3688



**2026 Winter - Advanced Belt Training Clinic & Black Belt Testing
Preparation Class!**

When: **Saturday March 7th, 2026**

Time: 11:00AM - 2:00PM

Who: **Red Belts & All Black Belts**

Material: **Red Belt Advanced & Pyong Ahn III Soo Shik Dae Ryun
Advanced Hyung**

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 **Saturday March 7th from 11:00AM - 2:00PM**. The class is to assist all advanced belts with Black Belt Testing curriculum.

Itinerary:

• **11:00AM - 12:15PM**

Red Belt Advanced & Pyong III Soo Shik Dae Ryrun (One-step Sparring Drills)

We will cover the all Red Belt One-step sparring drills and the Pyong III Soo Shik Dae Ryrun 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 - 2:00PM**

Advanced Hyung Practice

- **Red Belt Required Hyung - Red Belts & Up**
- **Chinto, LoHai, Naihanchi Cho Dan - Sam Dan, Kong Sang Kong, Jion**

Regards,

Master Gene Garbowsky

President & Founder - Independent Tang Soo Do Association