



**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 Ryun (One-step Sparring Drills)**

We will cover the all Red Belt One-step sparring drills and the Pyong III Soo Shik Dae Ryun 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