

KO DAN JA 2020

Training Event

Wed 29 Jan - Sat 1 Feb 2020

“Think outside the box!”

9 Aug 2019

Dear Tang Soo Do Practitioner,

I hope you are in good health and spirits. It is with great pleasure that I am sending this Invitation for you to attend “KO DAN JA 2020” for advanced Tang Soo Do training.

Serious Black Belts have “Master Rank” as their goal, and the goal of this Shim Sa is to raise and develop leaders and realize a STRONG FUTURE! Continuing to develop the leadership of MYTSD (Moo Yea Tang Soo Do) is critical for a successful future, which permeates from “the head down”. Leaders that grow and develop realize that the key in growth and development of their leadership skill is, in part, through studying Leadership as they would a new Hyung or “technique”.

This Shim Sa will cover techniques, philosophy, disciplines, and “Thinking outside the box” (Question “tradition” to appreciate “tradition”). This “questioning” will assist your success as a leader, as you gain new insights into “traditions”; questions such as “Why do we have traditions? How have they evolved?” will probe and enhance your understanding. We’ll train in “Principals of Bunkai” (Practical Application of Hyungs).

This Shim Sa will be challenging, both physical and mentally. For Masters and Senior Masters in Tang Soo Do we know how challenging it is to find both the time and the opportunity to receive valuable training at the Ko Dan Ja level. “This” Ko Dan Ja is an opportunity to train, and to shine!

Tang Soo!

David L. Sgro, Chil Dan

Moo Yea Tang Soo Do Founder and President

Training and Testing Schedule (Times and subject matter are approximate):

Wed 29 Jan	Session #	Topic
2:30 - 4:00pm	1	“Welcome workout! Break a sweat!”: All ranks
4:30 - 5:30pm	2	Bunkai Principals and application: Dans only
6:00 - 7:00pm	3	General workout. All ranks
7:00 - 8:00pm	4	Arnis (Stick Fighting). All ranks
Thu 3 Jan		
9:30 - 11:00am	5	Minor Hyung Review So Jin, Bassi So, Kong Song Koon So (Minor means lesser known or practiced): Dans only
11:30 - 1:00pm	6	Bunkai Principals and application. All ranks
2:30 - 4:00pm	7	Review Testing Requirements or highest material: All ranks
4:30 - 5:30pm	8	Chil Sung and Advanced Hyungs: Dan Ranks only
6:00 - 7:00pm	9	General workout. All ranks
7:00 - 8:00pm	10	Combatives: Joint Locks, Ground Fighting San Kil Mul Sul. All ranks
Fri 31 Jan		
9:30 - 11:00am	11	Minor Hyung Review So Jin, Bassi So, Kong Song Koon So. Dans only
11:30 - 1:00pm	12	Guest Instructor, TBA. All ranks
2:30 - 4:00pm	13	Combatives: Joint Locks, Ground Fighting San Kil Mul Sul. All ranks
4:30 - 5:30pm	14	Chil Sung and Advanced Hyungs: Dans only
6:00 - 7:00pm	15	General workout. All ranks
7:00 - 8:00pm	16	Arnis (Stick Fighting). All ranks
Sat 1 Feb		
Outside Sunrise	17	Open to Ko Dan Ja Candidates, and Invited guest only
9:00 - 10:15am	18	General workout. All ranks
10:30 - 11:45am	19	Review Testing Requirements or highest material): All ranks
1:15 - 2:15pm	20	Private Portion of the Dan Test: (Invitation only)
2:30 - 4:00pm	21	Public Portion of the Dan Test: TSD and San Kil Mu Sul

Required Items for the Tang Soo Do Ko Dan Ja Training Event

9 Aug 2020

Re: Invitation to attend the Ko Dan Ja Shim Sa

Dear Fellow TSD practitioner,

I hope this letter finds you in good health and spirits. It is with great pleasure to inform you that you are being invited to attend "Ko Dan Ja 2020 Training Event" to train in advanced Tang Soo Do techniques. Testing invitation letters will be sent later this year.

Name: _____
E-mail: _____ Address: _____
City: _____ State: _____ Zip: _____
Phone (H): _____ (C): _____
Instructor: _____ Your Rank: _____ Date of Last Testing: _____

Required Items:

- 1) Application
- 2) Fee: \$250 (MYTSD Members). \$325 Non MYTSD (visit <http://mytsd.us> for membership info).

Make checks out to: SKTSD. Please fill out the "**KO DAN JA 2020**" **Release Form and Fee Schedule**. Mail it to the address below. (Make sure it is post marked by 15 Jan 2020)

David Sgro
c/o "Ko Dan Ja 2020!"
439 Westwood SC PMB #215
Fayetteville, NC 28314

Waiver of Claim:

I hereby submit (Circle one: myself, my child) application for registration in "KO DAN JA Training Event 2020". I agree to waive all claims against any persons, facility, school, or association connected with SGRO KARATE, David L. Sgro, and the training and testing associate with "Ko Dan Ja 2020". I assume complete and full responsibility for any injuries I may sustain, and likewise will assume full responsibility for all my actions in connection with "KO DAN JA 2020".

Signature (parents if participant is a minor)/Date