



Schedule of Events

Friday, March 5th

- 10-11am: General Intro / Review
- 12-1pm: Lecture #1 / Lunch
- 1-4pm: Outdoor Activities – Archery/ Spear throwing/ knife throwing/ Cutting
- 4.30-6pm: Techniques review and practice
- 6-7pm: Lecture #2

Saturday, March 6th

- 8-9am: Lecture #3
- 9- 11am: Outdoor activities: special training session #1
- 11am-12.30pm: Weapons and Forms practice
- 12.30-1.30pm: Lunch and Guest Speakers Presentations
- 1.30-2.30pm: Lecture #3
- 3-6pm: Outdoor activities: special training session #2
- 6.30pm: Group Photo

Sunday, March 7th

- 8-9.30am: Forms
- 9.30-10.30am: Lecture #4
- 11-12.30pm: Archery, Spear Throwing, Cutting, and Knife Throwing
- 12.30-2pm: Weapons

What to Bring:

1. General's Uniform
2. Minimum of two (2) sets of regular uniform
3. Comfortable walking shoes
4. All Kuk Sool weapons
5. We recommend Sun blocker, Kuk Sool cap, and Kuk Sool warm-up suit.

WKSA reserves the right to modify or cancel any portion(s) of the schedule for good of the order and due to weather.