

# *Concho Valley Martial Arts Center*

Presents

## **CVMAC's First Annual Weekend Warrior Wilderness Workshop**

Date: September 17, 18, 19, 2021

Venue: San Angelo State Park

Fees: \$79/Individual or \$199/Family;

Saturday Only: \$75/Ind or \$189/Fam

**(ADD \$25 FOR INDIVIDUAL REGISTRATIONS  
OR \$40 FOR FAMILY REGISTRATIONS  
IF NOT REGISTERED BY SEPT. 8)**

Bring your own tent. Shower facilities are available.

Friday 5:30 p.m. to 6:45 p.m.

- Welcome
- TaeKwon-Do Pattern Histories
- Weiner Roast Supper at 6:45pm
  - Free Time after Supper

Saturday

**BYOB -- Bring Your Own Breakfast**

7:45 am...Run-in-the-Park (1--1 ½ mile run, nice hills!)

9:00 am - 12:00 pm...Modules presented as scheduled

12:00 pm - 1:15 PM...Break

**CVMAC will provide water, fruits and snack items for the LUNCH BREAK.  
Feel free to bring your own food items if you prefer a substantial meal.**

1:15 pm - 5:00 pm...Module presentations continue

## **Saturday Evening Supper Provided Along with a "Stump The Black Belts" Q & A Session**

- Topics will be presented in a Modular Format.
  - Each module is 15 - 20 minutes long.
- Presentations range from 1 to 4 modules depending on the topic.
- Some modules **MAY** overlap so choose your topic(s) accordingly.
- Some topics will be presented on a stand alone basis; all attend.

**The following material is representative of topics to be presented.**

### Physical Training

Pattern Techniques in self-defense  
Balance drills  
Rolls, Breakfalls  
Throws, sweeps, takedowns  
Knife Defense/Offense  
Dallyon drills  
Sparring drills  
Self-defense in Street Clothes  
Pressure Points

### Strengthening/Conditioning

Stretches  
Push-ups (15 different kinds)  
Leg exercises  
Abdominal drills  
Increasing Lung Capacity  
Breathing techniques (relaxing, lung capacity)  
One-legged stair ascent/descent  
Running drills (speed, endurance)

### Wilderness/Survival

Using a compass  
Flora/Fauna identification  
Building a Fire (no matches)  
Building a Solar Still  
Building a Shelter  
Backpack essentials  
Direction Finding (no compass)  
Food gathering  
Hunting (no weapons)

### Martial Arts Academia

History of TaeKwon-Do  
History of Martial Arts  
History of Korean Alphabet  
Self-defense and the Law  
Martial Arts and the Law  
Handgun defense/offense and the Law  
Tenets of TaeKwon-Do explained  
Martial Arts in a Military Application  
Religion and Martial Arts  
ITF vs. TKD Offshoots

### Tournament Regulations

Role of Referees, Judges, and Officials  
Scoring: Paper, Clickers, Electronic  
Ties in Sparring, Patterns, Board-breaking  
Center Referee Hand Signals

Student/Official Interaction  
Spectator protocols  
Medical personnel  
Local, National, International differences

Listed topics are not all-inclusive. Topics will be announced once confirmed.

**Updates, if any, will be announced.**