J	Sunday - @ School			
8:00 AM	Lineup/Morning Announcement/Word of the day			
8:15 AM	Meditation & 999 Medibreath			
9:00 AM	Stretching & Internal arts form (Ba Duan Jin, Yi jin Jing, Si Sui Jing)/Jogging			
10:00 AM	Review 2022 Forms (Tiger, Mi Zhong, Qi Xing Quan,	Etc.)		
11:00 AM	Review 2022 Applications			
12:00 PM	Welcome Lunch - Smoothies			
1:00 PM	Other Skils I (Tong Zi Gong, Mandarin Language)			
2:00 PM	Sanda Drills			
2:30 PM	Def/Off Drills with partner			
3:00 PM	Review 2022 weapon forms (Rei Da Chang Cha, Fer	ng Mou Guun, Gu	ıan Dao)	
4:00 PM	Review 2022 Weapon Applications			
5:00 PM	Demonstrations/Corrections			
6:00 PM	Welcome Dinner - Tea and Dumplings			
7:00 PM	Shuaijiao Intro I			
7:30 PM	Shuaijiao Practice			
8:15 PM	Line up & Closing Statement			
6/12/2023	Monday - @ Pickneyville Park Lineup/Morning Announcement/Word of the day			
6/12/2023 8:00 AM	Monday - @ Pickneyville Park			
6/12/2023 8:00 AM 8:15 AM	Monday - @ Pickneyville Park Lineup/Morning Announcement/Word of the day			
6/12/2023 8:00 AM 8:15 AM 9:00 AM	Monday - @ Pickneyville Park Lineup/Morning Announcement/Word of the day Meditation & 999 Medibreath	ng, Si Sui Jing)/Jo	ogging	
6/12/2023 8:00 AM 8:15 AM 9:00 AM 9:15 AM	Monday - @ Pickneyville Park Lineup/Morning Announcement/Word of the day Meditation & 999 Medibreath Jog to the Park	• •	ogging	
6/12/2023 8:00 AM 8:15 AM 9:00 AM 9:15 AM 10:00 AM	Monday - @ Pickneyville Park Lineup/Morning Announcement/Word of the day Meditation & 999 Medibreath Jog to the Park Stretching & Internal arts form (Ba Duan Jin, Yi jin Jir	• •	ogging	
6/12/2023 8:00 AM 8:15 AM 9:00 AM 9:15 AM 10:00 AM 11:00 AM	Monday - @ Pickneyville Park Lineup/Morning Announcement/Word of the day Meditation & 999 Medibreath Jog to the Park Stretching & Internal arts form (Ba Duan Jin, Yi jin Jir Introduce 2023 Advanced Forms - Xing Yi, Taizu, Xia	• •	ogging	
6/12/2023 8:00 AM 8:15 AM 9:00 AM 9:15 AM 10:00 AM 11:00 AM 12:00 PM	Monday - @ Pickneyville Park Lineup/Morning Announcement/Word of the day Meditation & 999 Medibreath Jog to the Park Stretching & Internal arts form (Ba Duan Jin, Yi jin Jir Introduce 2023 Advanced Forms - Xing Yi, Taizu, Xia 2023 Applications/drills from forms	o Luohan	ogging	
6/12/2023 8:00 AM 8:15 AM 9:00 AM 9:15 AM 10:00 AM 11:00 AM 12:00 PM	Monday - @ Pickneyville Park Lineup/Morning Announcement/Word of the day Meditation & 999 Medibreath Jog to the Park Stretching & Internal arts form (Ba Duan Jin, Yi jin Jir Introduce 2023 Advanced Forms - Xing Yi, Taizu, Xia 2023 Applications/drills from forms Lunch Break - Return to School	o Luohan	ogging	
6/12/2023 8:00 AM 8:15 AM 9:00 AM 9:15 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM	Monday - @ Pickneyville Park Lineup/Morning Announcement/Word of the day Meditation & 999 Medibreath Jog to the Park Stretching & Internal arts form (Ba Duan Jin, Yi jin Jir Introduce 2023 Advanced Forms - Xing Yi, Taizu, Xia 2023 Applications/drills from forms Lunch Break - Return to School Other Skills I (Mandarin Language, DeRu Smoothies	o Luohan	ogging	
6/12/2023 8:00 AM 8:15 AM 9:00 AM 9:15 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:30 PM	Monday - @ Pickneyville Park Lineup/Morning Announcement/Word of the day Meditation & 999 Medibreath Jog to the Park Stretching & Internal arts form (Ba Duan Jin, Yi jin Jir Introduce 2023 Advanced Forms - Xing Yi, Taizu, Xia 2023 Applications/drills from forms Lunch Break - Return to School Other Skills I (Mandarin Language, DeRu Smoothies Sanda Drills	o Luohan		, spade
6/12/2023 8:00 AM 8:15 AM 9:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 2:30 PM 3:00 PM	Monday - @ Pickneyville Park Lineup/Morning Announcement/Word of the day Meditation & 999 Medibreath Jog to the Park Stretching & Internal arts form (Ba Duan Jin, Yi jin Jir Introduce 2023 Advanced Forms - Xing Yi, Taizu, Xia 2023 Applications/drills from forms Lunch Break - Return to School Other Skills I (Mandarin Language, DeRu Smoothies Sanda Drills Def/Off Drills with partner	o Luohan) s, nunchuks, chai		, spade

6:00 PM	Dinner Break	
7:00 PM	Sparring/Philosophy of Combat Intro 1	
	Sparring Practice	
	Line up & Closing Statement	
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6/13/2023	Tuesday - @ Simpsonwood Park	
8:00 AM	Lineup/Morning Announcement/Word of the day	
8:15 AM	Meditation & 999 Medibreath	
9:00 AM	Carpool to Simpsonwood Park	
9:15 AM	Walking / Jogging	
10:00 AM	Stretching & Internal arts form (Ba Duan Jin, Yi jin Jing, Si	Sui Jing)
10:30 AM	Review 2022 Forms / Applications	
12:00 PM	Lunch Break - Return to School	
1:00 PM	Other Skills I (Sports Massage Intro, Mandarin Language)	
2:00 PM	Sanda Drills	
2:30 PM	Def/Off Drills with partner	
3:00 PM	Review 2022 weapon forms (Feng Mou Gun, Guan Dao)	
4:00 PM	Review 2022 Weapon Applications	
5:00 PM	Demonstrations/Corrections	
6:00 PM	Dinner - Hot Pot @ School	
7:00 PM	Self Defense / Situation Awarness 1	
7:30 PM	Self Defense Applications Drills	
8:15 PM	Line up & Closing Statement	
6/14/2023	Wednesday - @ Stone Mountain	
7:00 AM	Carpool to Stone Mountain	
8:00 AM	Lineup/Morning Announcement/Word of the day	
8:15 AM	Hike to the Summit	
9:00 AM	Meditation, 999, Shifu Speaks	
10:00 AM	Stretching & Internal arts form	
10:30 AM	Fun Drills, Review and Train	

12:00 PM Lunch Break - Return to School 1:00 PM Other Skills (Mandarin Language/DeRu Smoothies) 2:30 PM Sanda Drills 2:30 PM Def/Off Drills with partner 3:00 PM Review 2023 Hand 1 / Weapons 1 4:00 PM Introduce 2023 Hand 2 / Weapons 2 5:00 PM Demonstrations/Corrections 6:00 PM Dinner Break 7:00 PM Shuaijiao Intro 2 7:30 PM Shuaijiao practice 8:15 PM Line up & Closing Statement 6/15/2023 Thursday @ McDaniel Farm Park 8:00 AM Lineup/Morning Announcement/Word of the day Meditation & 999 Medibreath 9:00 AM Stretching & Internal arts form 11:00 AM Stretching & Internal arts form 11:00 AM Review Open Hand Forms 12:00 PM Unther Skills (Mandarin Language / Daoist Philosophy, explanation of Qi concepts) 2:30 PM Berview Weapons Forms 4:00 PM Def/Off Drills with partner 3:00 PM Review Wapplications 5:00 PM Demonstrations/Corrections Dinner - Hot Pot @ School 7:00 PM Sparking/Philosophy of Combat 2 7:00 PM Sparking/Philosophy of Combat 2					
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4:00 PM Introduce 2023 Hand 2 / Weapons 2 5:00 PM Demonstrations/Corrections 6:00 PM Dinner Break 7:00 PM Shuaijiao Intro 2 7:30 PM Shuaijiao practice 8:15 PM Line up & Closing Statement 6/15/2023 Thursday @ McDaniel Farm Park 8:00 AM Lineup/Morning Announcement/Word of the day 8:15 AM Meditation & 999 Medibreath 9:00 AM Carpool to McDaniel Farm Park 9:15 AM Walking/Jogging 10:00 AM Stretching & Internal arts form 11:00 AM Review Open Hand Forms 12:00 PM Lunch Break - Great Wall Supermarket - Return to School 1:00 PM Other Skills (Mandarin Language / Daoist Philosophy, explanation of Qi concepts) 2:30 PM Sanda Drills 2:30 PM Review Weapons Forms 4:00 PM Review Applications 5:00 PM Demonstrations/Corrections 6:00 PM Dinner - Hot Pot @ School	2:30 PM	Def/Off Drills with partner			
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10:00 AM Stretching & Internal arts form 11:00 AM Review Open Hand Forms 12:00 PM Lunch Break - Great Wall Supermarket - Return to School 1:00 PM Other Skills (Mandarin Language / Daoist Philosophy, explanation of Qi concepts) 2:00 PM Sanda Drills 2:30 PM Def/Off Drills with partner 3:00 PM Review Weapons Forms 4:00 PM Review Applications 5:00 PM Demonstrations/Corrections 6:00 PM Dinner - Hot Pot @ School	9:00 AM	Carpool to McDaniel Farm Park			
11:00 AM Review Open Hand Forms 12:00 PM Lunch Break - Great Wall Supermarket - Return to School 1:00 PM Other Skills (Mandarin Language / Daoist Philosophy, explanation of Qi concepts) 2:00 PM Sanda Drills 2:30 PM Def/Off Drills with partner 3:00 PM Review Weapons Forms 4:00 PM Review Applications 5:00 PM Dinner - Hot Pot @ School	9:15 AM	Walking/Jogging			
12:00 PM Lunch Break - Great Wall Supermarket - Return to School 1:00 PM Other Skills (Mandarin Language / Daoist Philosophy, explanation of Qi concepts) 2:00 PM Sanda Drills 2:30 PM Def/Off Drills with partner 3:00 PM Review Weapons Forms 4:00 PM Review Applications 5:00 PM Dinner - Hot Pot @ School	10:00 AM	Stretching & Internal arts form			
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2:00 PM Sanda Drills 2:30 PM Def/Off Drills with partner 3:00 PM Review Weapons Forms 4:00 PM Review Applications 5:00 PM Demonstrations/Corrections 6:00 PM Dinner - Hot Pot @ School	12:00 PM	Lunch Break - Great Wall Supermarket - Return to So	chool		
2:30 PM Def/Off Drills with partner 3:00 PM Review Weapons Forms 4:00 PM Review Applications 5:00 PM Demonstrations/Corrections 6:00 PM Dinner - Hot Pot @ School	1:00 PM	Other Skills (Mandarin Language / Daoist Philosophy	, explanation of Q	i concepts)	
3:00 PM Review Weapons Forms 4:00 PM Review Applications 5:00 PM Demonstrations/Corrections 6:00 PM Dinner - Hot Pot @ School	2:00 PM	Sanda Drills			
4:00 PM Review Applications 5:00 PM Demonstrations/Corrections 6:00 PM Dinner - Hot Pot @ School	2:30 PM	Def/Off Drills with partner			
5:00 PM Demonstrations/Corrections 6:00 PM Dinner - Hot Pot @ School	3:00 PM	Review Weapons Forms			
6:00 PM Dinner - Hot Pot @ School	4:00 PM	Review Applications			
	5:00 PM	Demonstrations/Corrections			
7:00 PM Sparring/Philosophy of Combat 2	6:00 PM	Dinner - Hot Pot @ School			
7.00 F W Sparring/F Illiosophry of Combat 2	7:00 PM	Sparring/Philosophy of Combat 2			
7:30 PM Sparring practice	7:30 PM	Sparring practice			
8:15 PM Line up & Closing Statement	8:15 PM	Line up & Closing Statement			

6/16/2023	Friday - Mount Yonah	
7:00 AM	Carpool to Mount Yonah	
8:00 AM	Lineup/Morning Announcement/Word of the day	
8:15 AM	Hike to the Summit	
9:00 AM	Meditation, 999, Shifu Speaks	
10:00 AM	Stretching & Internal form	
10:30 AM	Fun Drills, Review, and Train	
12:00 PM	Lunch Break - Return to School	
1:00 PM	Other Skills (Mandarin Language / Sports Massage)	
2:00 PM	Review Dulian	
2:30 PM	Lian Quan / Yin Shou Gun Dulian	
3:00 PM	Review Open Hands / Weapons	
4:00 PM	Introduce Open Hands 3 / Weapons 3	
5:00 PM	Demonstrations/Corrections	
6:00 PM	Dinner Break	
7:00 PM	Self Defense / Situation Awarness 2	
7:30 PM	Self Defense Applications and Drills	
8:15 PM	Line up & Closing Statement	
6/17/2023	Saturday - @ Mount Arabia	
7:00 AM	Carpool to Mount Arabia	
8:00 AM	Lineup/Morning Announcement/Word of the day	
8:15 AM	Hike to Summit	
9:00 AM	Meditation, 999, Shifu Speaks	
10:00 AM	Stretching & Internal form	
10:30 AM	Fun Drills, Review, and Train	
12:00 PM	Lunch Break - Return to School	
1:00 PM	Other Skills (Mandarin language / Lion Dance)	
2:00 PM	Sanda Drills	
2:30 PM	Def/Off Drills with partner	
3:00 PM	Lion Dance Practice	

4:00 PM	Review all Forms		
5:00 PM	Demonstrations/Corrections		
6:00 PM	Dinner - @ Chef's House Restaurant		
7:00 PM	Dulian Review		
7:30 PM	Lian Huan Quan / Yin Shou Gun Dulian		
8:15 PM	Line up & Closing Statement		
6/18/2023	Sunday @ School		
8:00 AM	Lineup/Morning Announcement/Word of the day		
8:15 AM	Meditation & 999 Medibreath		
9:00 AM	Jogging, Stretching & Internal arts form		
10:00 AM	Conditioning & Drills		
11:00 AM	Review Open Hands		
12:00 PM	Farewell Lunch - Smoothies		
1:00 PM	Review Applications		
2:00 PM	Review Weapons		
3:00 PM	Testing		
4:00 PM	Testing		
5:00 PM	Testing		
6:00 PM	Farewell Dinner - Tea and Dumplings		
7:00 PM	Testing Ceremony		
8:15 PM	Line up & Closing Statement		