

<b>6/11/2023</b>	<b>Sunday - @ School</b>			
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 Skills 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, Feng Mou Guun, Guan 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			
<b>6/12/2023</b>	<b>Monday - @ Pickneyville Park</b>			
8:00 AM	Lineup/Morning Announcement/Word of the day			
8:15 AM	Meditation & 999 Medibreath			
9:00 AM	Jog to the Park			
9:15 AM	Stretching & Internal arts form (Ba Duan Jin, Yi jin Jing, Si Sui Jing)/Jogging			
10:00 AM	Introduce 2023 Advanced Forms - Xing Yi, Taizu, Xiao Luohan			
11:00 AM	2023 Applications/drills from forms			
12:00 PM	Lunch Break - Return to School			
1:00 PM	Other Skills I (Mandarin Language, DeRu Smoothies)			
2:00 PM	Sanda Drills			
2:30 PM	Def/Off Drills with partner			
3:00 PM	Introduce 2023 Weapons - Basics/Combos - daggers, nunchuks, chain whip, longsword, spade			
4:00 PM	Introduce 2023 Weapons Form - Staff, Broad Sword, Straight Sword			
5:00 PM	Demonstrations/Corrections			

6:00 PM	Dinner Break			
7:00 PM	Sparring/Philosophy of Combat Intro 1			
7:30 PM	Sparring Practice			
8:15 PM	Line up & Closing Statement			
<b>6/13/2023</b>	<b>Tuesday - @ Simpsonwood Park</b>			
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 Awareness 1			
7:30 PM	Self Defense Applications Drills			
8:15 PM	Line up & Closing Statement			
<b>6/14/2023</b>	<b>Wednesday - @ Stone Mountain</b>			
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)			
2:00 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			
<b>6/15/2023</b>	<b>Thursday @ McDaniel Farm Park</b>			
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)			
2:00 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			
7:00 PM	Sparring/Philosophy of Combat 2			
7:30 PM	Sparring practice			
8:15 PM	Line up & Closing Statement			

<b>6/16/2023</b>	<b>Friday - Mount Yonah</b>			
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 Awareness 2			
7:30 PM	Self Defense Applications and Drills			
8:15 PM	Line up & Closing Statement			
<b>6/17/2023</b>	<b>Saturday - @ Mount Arabia</b>			
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			
<b>6/18/2023</b>	<b>Sunday @ School</b>			
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			