

# REGION 118 "SOUTHWEST CAMP IN THE PINES" AGENDA

Friday October 6 <sup>th</sup>		
3:00 pm	Van Leaves	Chandler
3:00 pm	Check-in Begins	Café
6:00 pm	<i>Dinner</i>	<i>Café</i>
7:00 pm	Lineup & Announcements	Gym
7:20 pm	Motivation Warmup	Gym
8:00 pm	Kali	Chapel
8:00 pm	XMA tricking	Gym East
8:00 pm	Jahng Bong (LR)	Gym West
8:00 pm	Fitness (Bas Ruten)	Chief Room
8:00 pm	Korean Language	Craft Room
8:00 pm	Round Kick	Pavilion
8:00 pm	Taiko I	Grass
9:00 pm	Squad Event Planning	Gym
10:00 pm	Back to Dorms	Dorms

Saturday, October 6 <sup>th</sup>		
6:00 am	Songahm Star (Optional)	Gym
6:30 am	Dorm Wake Up	Dorms
7:00 am	Kali	Chapel
7:00 am	Agility/Plyometrics	Pavilion
7:00 am	Legacy CIT	Bear Den
7:00 am	Taiko I (Kids)	Grass
7:00 am	Yoga	Chief Room
7:00 am	Combat Sparring	Gym
7:00 am	Fit Test	Gym
7:00 am	Career Development	Craft Room
8:00 am	<i>Breakfast</i>	<i>Café</i>
9:30 am	1° & 2° Form	Gym
9:30 am	O, Y, C, G Form	Chapel
9:30 am	P, B, Br, R Form	Chief Room
9:30 am	Tigers	Craft Room
9:30 am	3° & 4° Form	Pavilion
9:30 am	White/New	TBD
9:30 am	Tiger Parents – Working at home	Bear Den
9:30 am	Taiko I – Parents	Grass
10:45 am	Ssangh Nat	Chapel
10:45 am	Jahng Bong	Gym
10:45 am	S/DbI SJB	Chief Room
10:45 am	S/DbI BME	Craft Room
<a href="#">10:45 am</a>	Gum Do (Level 1/2)	Pavilion
<a href="#">10:45 am</a>	Oo Sung Do	Bear Den
10:45 am	SDB	TBD

12:00 pm	Lunch	Café
1:00 pm	Combat Sparring	Gym East
1:00 pm	XMA Form (Adults)	Chapel
1:00 pm	Team Spar	Gym West
1:00 pm	Krav Maga	Chief Room
1:00 pm	TBD	Craft Room
1:00 pm	Board Breaking	Pavilion
1:00 pm	Masters Ceremony	Bear Den
1:00 pm	Boxing Basics	TBD/Picnic Area
1:00 pm	Taiko 2 Kids	Grass
1:00 pm	5° Form	TBD
2:15 pm	Knife Defense	Chapel
2:15 pm	Sparring	Gym
2:15 pm	XMA Weapon	Gym
2:15 pm	Side Kicks	Chief Room
2:15 pm	Intro to Competition	Craft Room
2:15 pm	MMA	Pavilion
2:15 pm	Regional Volunteers	Bear Den
2:15 pm	Taiko 2 – Adults	Grass
3:15 pm	Masters Workout	Gym
3:15 pm	<b>Hay Ride</b>	Grass
3:15 pm	Squad Demo Time	Gym
4:00 pm	<b>Special Event</b>	Arboretum
5:00 pm	<i>Dinner</i>	<i>Café</i>
6:15 pm	Squad Demo time	Gym
7:00 pm	Demo Team 1	Chapel
7:00 pm	Combat Sparring	Gym
7:00 pm	Gun Defense	Gym
7:00 pm	Creative Form	Pavilion
7:00 pm	Nutrition	Bear Den
7:00 pm	Taiko Mixed	Grass
7:00 pm	Black Belt Memory	Cafeteria/Bear Den
8:00 pm	<b>Bon Fire</b>	Fire Pit
10:00 pm	Back to Dorms	Dorms

## Sunday, October 7<sup>th</sup>

6:30 am	Dorm Wake Up	Dorms
7:00 am	Demo Team 2	Chapel
7:00 am	Sparring	Gym
7:00 am	Active Shooter	Gym
7:00 am	Warrior Xfit	Bear Den
7:00 am	Hand Techniques	Craft Room
7:00 am	Meditation/Tea ceremony	Chief Room
7:00 am	Taiko 1 – Kids	Grass
7:00 am	SJB Tricks	Pavilion
7:00 am	Team Combat	Pavilion
8:00 am	<i>Breakfast</i>	<i>Café</i>
9:45 am	Traditional TKD	Chapel
9:45 am	Parent Coaching	Chief Room
9:45 am	XMA tricking	Gym
9:45 am	Board Breaking	Craft Room
9:45 am	Ground Fighting	Gym
9:45 am	Movie	Bear Den
9:45 am	Taiko 2	Grass
9:45 am	Masters Workout	Pavilion
11:00 am	ATA Life by Design	Chapel
11:00 am	Forms – Open	Gym
11:00 am	Tournament Spar	Gym
11:00 am	Time/Score keep	Chief Room
11:00 am	Judging Clinic	Craft Room
11:00 am	Xtreme Form	Pavilion
11:00 am	Total Transformation	Cafeteria
11:00 am	Taiko 3	Grass
12:00 pm	<i>Lunch</i>	<i>Café</i>
1:00 pm	Demos/Awards	Gym
2:00 pm	Estimated Departure	Outside/Vans