

# SCHEDULE AT - A - GLANCE



## TIME

## THURSDAY, NOVEMBER 19

3:00pm - 4:30pm

Sr. Instructor Round Table

3:00pm - 3:30pm

Mat Chats - Developing Character in Mini Lessons w/ Master Michael Twyman

3:30pm - 4:30pm

Time with the Kwan'Jang

5:00pm - 8:00pm

Black Belt Testing - Virtual Hosts w/ GM Brenda Sell & Staff

## TIME

## FRIDAY, NOVEMBER 20

8:30am - 9:00am

Opening Ceremony/Black Belt Graduation/Workout BLAST

9:00am - 9:45am

How Many Technique Pillars Are You Missing? w/ GM Brenda Sell

10:00am - 10:45am

Windows, Waves and Why Your Cat Doesn't Really Love You... w/ GM Keith Hafner

11:00am - 12:00pm

Fun, Challenging & Creative Ways to Practice Poomsae w/ GM Brenda Sell & GM Mark Begely

12:45pm - 1:15pm

Legacy Development: Building the Best You w/ GM Brenda Sell

1:30pm - 2:15pm

I Want To Be A Lion, Or Do I w/ Dr. Charles Redwine

2:30pm - 2:45pm

The DO of Self Defense w/ GMC Ray Devito

2:45pm - 3:15pm

Self Defense That Works for YOU w/ Master Steven Reynolds

3:30pm - 4:30pm

Sparring Footwork and Strategy: Play Chess, Not Checkers w/ Master Justin Surrency

4:30pm - 5:30pm

Spiritual Session w/ GM Brenda Sell

## TIME

## SATURDAY, NOVEMBER 21

9:00am - 9:45am

Workouts Yo Can Do In Your Bathroom w/ Master Michael Twyman

10:00am - 10:45am

Why Can't You Be Normal Like Me? w/ Grandmaster Brenda Sell

11:00am - 11:45am

Stretching for Dummies w/ Bill "Superfoot" Wallace

12:30pm - 1:30pm

Explosive Kicking Techniques Anybody Can Do, even You! w/ Bill "Superfoot" Wallace

1:45pm - 2:00pm

4 Keys to Safety Mindset Lifestyle w/ Master Keva Harris

2:00pm - 2:30pm

Closing the Distance w/ Master Michael Winter

2:45pm - 3:15pm

Zero Tolerance for FEAR w/ GM Brenda Sell

3:15pm - 3:45pm

What Are You Doing & Why? Poomsae Realities w/ GM Melanie Wyatt

3:45pm - 4:30pm

Tag Team Workout , Close & Prizes Don't Miss Out

\*SUBJECT TO CHANGE

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**FALL TAEKWONDO VIRTUAL SUMMIT 2020**