

River Falls Training Schedule

8 Day Rotation

- Day 1
 - 15 Minutes – Warm up/Basics/Kicking Tests
 - 15 Minutes – Techniques/HoShinSul/Self-Defense
 - 30 Minutes – Sparring Application
 - Stretch/Final Announcements
- Day 2
 - 30 Minutes – GoTooGi (Grappling) Technique
 - 15 Minutes – KumTooGi (Weapon Fighting) Technique
 - 15 Minutes – KumTooGi (Weapon Fighting) Application
 - Stretch/Final Announcements
- Day 3
 - 15 Minutes – Warm up/Basics/Kicking Tests
 - 15 Minutes – Techniques/HoShinSul/Self-Defense
 - 30 Minutes – GoTooGi (Grappling) Application
 - Stretch/Final Announcements
- Day 4
 - 15 Minutes – Warm up/Basics/Kicking Tests
 - 15 Minutes – Techniques/HoShinSul/Self-Defense
 - 30 Minutes – Sparring Application
 - Stretch/Final Announcements
- Day 5
 - 30 Minutes – Sparring Technique
 - 15 Minutes – Long Forms
 - 15 Minutes – Weapon Forms
 - Stretch/Final Announcements
- Day 6
 - 15 Minutes – Warm up/Basics/Kicking Tests
 - 15 Minutes – Techniques/HoShinSul/Self-Defense
 - 30 Minutes – GoTooGi (Grappling) Application
 - Stretch/Final Announcements
- Day 7
 - 30 Minutes – GoTooGi (Grappling) Technique
 - 15 Minutes – KumTooGi (Weapon Fighting) Technique
 - 15 Minutes – KumTooGi (Weapon Fighting) Application
 - Stretch/Final Announcements
- Day 8
 - 30 Minutes – Sparring Technique
 - 15 Minutes – Long Forms
 - 15 Minutes – Weapon Forms
 - Stretch/Final Announcement