



Schedule of Training

Arranged & Conducted By: Jalnawala's Sports Training & Research Center

Duration: 2 Days

Date: 28th August 2010 & 29th August 2010

Venue: Institute of Korean Martial Arts, 419, 6th Main, 6th Cross, M.S.Ramaiah Nagar, Bangalore - 54. India

Date / Day	Session I	Session II
1 st day 28 th August 2010	Reporting of applicants & Registration of applicants & Coaches 7:00 a.m. to 9:00 a.m. Taeguk Training 10:00 a.m. to 1:00 p.m. Lunch Break 1:00 p.m. to 2:00 p.m.	Poomsae Training Continued 2:00 p.m. to 4:00 p.m. Tea Break 4:00p.m. to 4:30 p.m. Session 3 Poomsae Training 4:30 p.m. to 6:00 p.m. END of Session for day 1



Schedule of the Dan & Poom Promotion Tests

Date / Day	Session I
29 th August 2010	<p data-bbox="574 594 1308 625">Reporting, Registration & Attendance of applicants & Coaches</p> <p data-bbox="813 667 1068 699">7:00 a.m. to 9:00 a.m.</p> <p data-bbox="662 741 1224 772">Initial Briefing about Exam, Rules & Regulations</p> <p data-bbox="930 814 946 846">&</p> <p data-bbox="854 888 1024 919">Photo Session</p> <p data-bbox="886 961 995 993">9:00 a.m.</p> <p data-bbox="829 1035 1057 1066">Opening Ceremony</p> <p data-bbox="829 1108 1057 1140">Exam Commences</p> <p data-bbox="634 1182 1252 1213">Order- Lower Dan to Higher Dan in Ascending Order</p> <div data-bbox="493 1245 1390 1591" style="border: 1px solid black; padding: 10px;"><p data-bbox="824 1287 1057 1318" style="text-align: center;">Closing Ceremony</p><ul data-bbox="630 1360 1308 1528" style="list-style-type: none"><li data-bbox="630 1360 1308 1392">• Distribution of Training Camp Certificates & Souvenirs<li data-bbox="711 1434 1170 1465">• Informal interaction with refreshments<li data-bbox="768 1507 1117 1539">• A brief on JSTARC activities</div>