

One Step Principles & Practices Workshops

Saturday, January 12

We will work together on the how and why of performing One Step sparring combinations effectively with a partner. We'll look at ways to get the most benefit out of performing One Steps, and especially at exploring self-defense applications of formal techniques from our patterns. We'll be working with both Fundamentals and Honors One Steps. Workshops will meet on the schedule below:

9:00am - Teen & Adult Fundamentals & Honors Students (Ages 13+)

10:00am - Junior Fundamentals & Honors Students (Ages 6-8)

11:00am - Pre-Teen Fundamentals & Honors Students (Ages 9-12)

2 Class Credits for all participants. Please register at the school if you plan to participate.