



European WON HWA DO Festival 2014

	Tuesday 03th of June	Wednesday 04th of June	Thursday 05th of June	Friday 06th of June	Saturday 07th of June
07:00-07:45am		➤ Morning Inspiration (various exercises)	➤ Morning Inspiration (various exercises)	➤ Morning Inspiration (various exercises)	➤ Morning Inspiration (various exercises)
08:00am		Breakfast	Breakfast	Breakfast	Breakfast
10:00-12:00am	Arrival at: Landessportschule Osterburg Arendseer Straße 4 39606 Osterburg phone: 03937/25 06-0	➤ Exercise Complex III – Won Hwa Do – Complex Training Part A - various topics to choose from	➤ Exercise Complex VI – Won Hwa Do – Complex Training Part B - various topics to choose from	➤ Exercise Complex IX – Won Hwa Do – Complex Training Part C - various topics to choose from	➤ Exercise Complex X – Won Hwa Do – Complex Training Part D - various topics to choose from ➤ Closing Ceremony
12:15pm	Lunch	Lunch	Lunch	Lunch	Lunch
03:00-04:30pm	➤ Opening Ceremony ➤ Exercise Complex I – Teamsport Tournament (Soccer, Basketball, Floorball)	➤ Exercise Complex IV – Applications of the Chong Mion Direction - simple principles and effective techniques	➤ Exercise Complex VII – Applications of the Hu Mion Direction - simple principles and effective techniques	➤ European WON HWA DO Festival Part A	
04:45-06:00pm	➤ Exercise Complex II – Basic Forms of Won Hwa Do	➤ Exercise Complex V – Applications of the Pyoung Wae Direction - simple principles and effective techniques	➤ Exercise Complex VIII – Applications of the Pyoung Nae Direction - simple principles and effective techniques	➤ European WON HWA DO Festival Part B	
08:00-10:00pm	➤ Free Time ➤ Lessons ➤ Self organized Training ➤ Masters Meeting	➤ Free Time ➤ Lessons ➤ Self organized Training ➤ Masters Meeting	➤ Free Time ➤ Lessons ➤ Self organized Training ➤ Masters Meeting	➤ Free Time ➤ Lessons ➤ Self organized Training ➤ Masters Meeting	
10:00-10:30pm	➤ Meditation	➤ Meditation	➤ Meditation	➤ Meditation	

This Plan represents just a suggestion of what we are going to do during the European WON HWA DO Festival in Germany.

We are very open for your suggestions, critics and whatever you want.

Please send us your comments!