

Marc Canonizado's
US Open Seminar Schedule
July 1-3, 2008

Tuesday / Wednesday

- 10:00 am Seminar Start (Warm Up & Stretching).
- 10:15 am Intro to hand techniques and Basic Form Hand Combinations.
- 10:45 am Intro to "How to Make an Open Form". Each Student will create a small hand combination.
- 11:00am Kicking combinations and basic kick training.
- 12:00 pm Lunch Break
- 1:00 pm Advanced kicking combinations and kicking tricks.
- 2:00 - 4:00 pm Forms Overview (Each student will practice His/Her forms and will be worked with). Focusing on Presentation, Power and Intensity

Thursday

- 10:00 am Start of Training (Warm up & Stretching).
- 10:15 am Weapons Forms Overview (Traditional, Open, Creative or Extreme)
- 10:45 am Sections drills with weapons forms.
- 11:30 am Power Drills with weapons.
- 12:00 pm Lunch Break.
- 1:00 pm Tricking
- 2:00 pm Tumbling tricks
- 3:00-5:00 pm Hand combinations with tricks or form with tricks.
- 5:30pm Shuttle back to Coronado Springs Hotel