

# *SMTMAS Agenda*

8AM-8:30AM: Warm-up Drills – Sifu Russell White

8:30AM-10AM: Dynamic Speed Principles of Kenpo Striking –  
Steven Williamson

10AM-11:30AM: “What if” phase of martial arts, Group Drill,  
Technique Line – Michael Weedman

*11:30AM-12:00PM: Water/ Snack Break*

12:00PM-1PM: Boxing hand and foot work – Michael Sullivan

1PM-2:30PM: Target Striking, Pressure Points, and Fluid  
Movement – Kevin Gunter

3PM: Cookout/ Dismissal