

Tul Tour 1[®] - Preliminary Program

26 June to 5 July 2011 – all participants must arrive to Incheon before 16:00 on the 26 June 2011



Sunday, 26 Jun: Arrivals and welcome reception

Time: before 16:00 – Incheon airport

All participants must arrive before 16:00. They will be welcome at the airport and transferred to the hotel.

Time: 19:00 ~ 22:00 – Reception hall in the hotel

Welcome reception & dinner will take place in the hotel banquet hall where Tul Tour 1[®] program and gifts will be presented. This will provide attendees with an opportunity to network & meet other participants.

Monday, 27 Jun: Day 1 – Dan Gun & Do San Tul

Time: 8.30 – Travel to Kang Hwa Do for Dan Gun training

Arrival to Kang Hwa Do and Dan Gun practice. After the completion of the training, group & individual photos will be taken picturing techniques related to Dan Gun tul in the surroundings of the Dan Gun shrine. Travel to Seoul and lunch in a traditional Korean restaurant.

Time: 15:00 –Do San training

Arrival to the training place & practice of Do San Tul followed by photo session; Travel to hotel & preparation for evening events.

Time: 19:00 – Diner & Moosin Rang performance

Dinner and a summary of the day, picture show & PowerPoint presentation; Participating in Moosin Rang performance of highly skilled traditional dancers and martial artists from Korea.



Tuesday, 28 Jun: Day 2 – Joong Gun Tul & Temple stay

Time: 8:30 – Travel to Joong Gun training location in Seoul

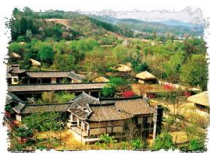
Arrival to Jung Gun training place & Joong Gun practice followed by photo session;

Time: 12:00 – Visit Korean Folk village in Suwon

Visit to Korean folk village, learn and play Korean traditional games and enjoy lunch in a traditional Korean restaurant in the village; travel to Kwang Won Do.

Time: 18:00 – Arrival to Kwong Won Do & Overnight Temple stay

Arrival to the temple and experience all rituals, activities and dinner in the temple.



Wednesday, 29 Jun: Day 3 – Yul Gok & Toi Gye Tul

Time: 8:30 – Travel to Yul Gok training location in Kwong Won Do

Arrival to Yul Gok practice place & Yul Gok training followed by photo session;

Time: 12:00 – Travel to Andong for Toi Gye training

Summary of the previous day tour & picture projection while travelling on the bus; stop for lunch in a traditional Korean restaurant on the way to Andong.

Time: 16.30 – Toi Gye training

Arrival to Toi Gye training location & Toi Gye practice followed by photo session

Time: 19:30 – Accommodation, Dinner & Playing Korean Games

Arrival to hotel, accommodation & dinner, evening presentations followed by competition in playing traditional Korean games.



Thursday, 30 Jun: Day 4 – Choong Moo Tul

Time: 8:30 – Travel to Asan for Choong Moo training

Arrival to Choong Moo location & Choong Moo practice followed by a photo session;

Time: 12:30 – Lunch & Travel to Donghaksa Female Monk Temple

Lunch (Korean pen cakes) in a traditional restaurant located over a mountain stream & walk to Donghaksa to visit a female monk temple and participate in a photo session.

Time: 19:00 – Dinner & Foot Spa Experience

At the dinner there will be a summary of the day, picture show & PowerPoint presentation related to next day tour. After the dinner all participants will visit outdoor foot spa and enjoy the scenery and treatment.



Friday, 1 July: Day 5 – Who Hyo Tul & Korean food making

Time: 8.30 – Travel to Gyeongju for Won Hyo training

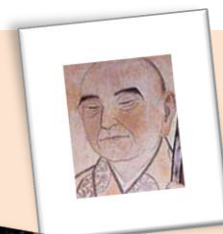
Arrival to Gyeongju by KTX (one of the fastest trains in the world) and Who Hyo practice followed by picture session & lunch.

Time: 15:00 – Making Korean food

All participants will take part in “hands on” Korean food making activity. You will learn how to prepare a Korean dish and enjoy your own creation.

Time: 17:30 – Ssirum & Dinner

Practical training of Korean traditional wrestling on sand - Ssirum followed by dinner in a Korean Hanwoo (national delicious beef) restaurant.





Saturday, 2 July: Day 6 - Hwa Rang Tul & travel to Jeju Island

Time: 8:30 – Hwa Rang Training

Travel to Hwa Rang location in Gyeongju, Hwa Rang practice & photo session followed by lunch

Time: 13:00 Travel to Jeju Island

Travel by bus to Ulsan and then flight to Jeju Island. Upon arrival & hotel accommodation tour to Chunjeyun waterfalls & photo session

Time: 18:30 Dinner & Korean movie

In the evening all participants will enjoy dinner, day tour summary, picture presentation and a “cup” of traditional Korean drinks. Afterwards, a Korean famous action movie will be screened in original with English subtitles.



Sunday, 3 July: Day 7 – Halla Mountain & Chon Ji Tul

Time: 8.30 – Claiming Halla Mountain & Chon Ji Tul Training

Climbing Halla mountain, the highest mountain in South Korea, picture sessions and practicing Chong Ji Tul on the top of the mountain where the Heaven and the Earth meet together. After the completion of training lunch in the mountains will be served.

Time: 18:00 – Dinner & Pool Party in the Hotel

A dinner will be served at the pool and presentations, picture show as well as pool games will be played. This aims to provide a relaxation after the intensive mountain claiming and training as well as the rest before next day Udo Island trip.



Monday, 4 July: Day 8 – Exploring Jeju & Udo Islands

Time: 7:30 Dolharubang & Udo Island

Early breakfast and travel to a stone carved doll park (Dolharubang) followed by a ferryboat travel to Udo Island; The participants will enjoy the beauty of the small island and a travel around Udo on 4 wheel drive motorbikes, as well as will taste local food for lunch.

Time: 16:00 Claiming the Sunrise Peak

Claiming a remarkable small peak with magnificent scenery where all participants will have group and individual pictures taken.

Time: 18:30 Farewell reception & Karaoke contest

Farewell reception will be held in a traditional Korean restaurant with farewell speeches and certificate presentations. Afterwards, all participants will have a chance to relax in Norebang (Korean Karaoke) and put their singing skills into a contest.



Tuesday, 5 July: Day 9 – Morning Tul Marathon & Tour Conclusion

Time: 9.00 – Tul Marathon & Tour conclusion

Final training session and the summary of the tul information – **end of the Tul Tour 1.**

Time: 12:00 – Lunch & Flight to Incheon Airport

After an early lunch participants will prepare for departure to Incheon International Airport where they catch their connecting flights back home. The arrival to Incheon will be approximately at 3pm.

