



# Al Tracy Last Man Standing 2016

## Seminar Schedule - Updated 8/16/16

### Friday - August 19th

Time	Hombu Dojo	Rec. Center A	Rec. Center B	Rec. Center C	Rec. Center D	Park
7a - 8a						Tai Chi - M Landa Miller
8a - 9a	Kenpo Fitness (Sensei Jimmy Mathis)					
9a - 9:55a	GM Roger Greene	Combat Bo (M George Thibault & M Rollend Nery)		M Joe Rebelo	M Henry Childers	
10a - 10:55a	M Armando Salas	M George Thibault	M Dave Hopper	GM Rich Fescina	GM John Patrick Nieto	
11a - 11:55a	M Joshua Ortega - Scheiner	M Mike Bush	M Roger Lee	GM Patrice Lim	M Stuart Gavin	
12p - 12:30p	<b>Lunch Break</b>					
12:30p - 1p	GM George Lim	Shaolin Fighting Staff		M Dave Hopper	GM John Patrick Nieto	
1p - 1:55p		GM Nick Chamberlain		M Stuart Gavin	M Mike Bush	
2p - 2:55p	GM Ted Sumner	Sword		M Rollend Nery	M Armando Salas	
2:55p - 3:30p		M John DeLuca				
3p - 3:55p	GM Bart Vale			M Roger Lee	M John Bain	
4p - 4:55p	GM Nick Chamberlain	GM Rich Fescina	M John Bain	GM Patrice Lim	GM Roger Greene	
5p - 5:55p	GGM Al Tracy					
6p - 11:30p	<b>BREAK</b>					
11:30p - 12:30a	<b>MIDNIGHT MADNESS WORKOUT</b>					

### Saturday - August 20th

Time	Hombu Dojo	Rec. Center A	Rec. Center B	Rec. Center C	Rec. Center D	Park / Outside
7a - 8a						Tai Chi - M Landa Miller
8a - 9a	Kenpo Fitness (Sensei Jimmy Mathis)					
9a - 9:55a	M Joshua Ortega-Scheiner	GM Roger Greene	GM Patrice Lim	M George Thibault	GM John Patrick Nieto	Breaking Seminar Breakout GM Jefferson Davis - \$75
10a - 10:55a	M Kiyoshi Takeuchi	GM Rich Fescina	M Roger Lee	M Stuart Gavin	M Rollend Nery	
11a - 11:55a	GM George Lim	M John DeLuca	M Dave Hopper	M Mike Bush	M Stuart Gavin	
12p - 12:45p	Lunch Break / Lim Family Martial Arts Kenpo Kids Class	GM Richard Morris	M John Bain	M Stuart Gavin	GM Rich Fescina	
1p - 1:55p	GM Bart Vale					
2p - 2:55p	Breakout Seminar	GM John Patrick Nieto	M Armando Salas	M Dave Hopper	GM Roger Greene	
3p - 3:55p	GM George Lim	M Henry Childers	GM Ted Sumner	M Roger Lee	M John DeLuca	
4p - 4:55p	GM Nick Chamberlain / M Bill Parker					
5p - 6p	GGM Al Tracy					
6p - 7p	<b>BREAK</b>					
7p - 10p	<b>PIG ROAST - ASSEMBLY ROOM AT REC CENTER</b>					
10p - 11p	Clean Up					
11p - 12a	Post Clean Up After Party					

### Sunday - August 21st

Time	Hombu Dojo
7a - 8a	Tai Chi - M Landa Miller
8a - 9a	GGM Al Tracy
9a - 9:45a	GM George Lim
9:45a - 10:30a	GM Bart Vale
10:30a - 11:15a	GM Nick Chamberlain
11:15a - 12p	GM Ted Sumner



Schedule as of 8/16/16 - Times and Instructors may change due to availability.