



Summer Class Schedule 2008: Effective June 16th.

Family: All ages/ranks Beginner: White-Yellow Intermediate: Sr. Yellow- Sr. Green Advanced: Blue-Red Black belts: Sr. Red+

Class	Age	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
Little Dragons	4½ - 6		4:30-5:15 pm		4:30-5:15 pm	Private Lessons by Appointment 2-6pm	10:00 – 11 am
Kids Beginner	7-12		5:15-6pm		5:15-6pm		
Kids Intermediate	7-12	4:30-6pm		4:30-6pm			
Kids Advanced	7-12	4:30-6pm		4:30-6pm			
Family Class	4½ +			6:10-7pm	6:10-7pm		10:00 – 11 am
Beginner Adults	12+	1:00-2pm	7:10-8pm	1:00-2pm	7:10-8pm		11:10am-Noon
Advanced Adults	12+	1:00-2pm	8:10-9:30pm	1:00-2pm	8:10-9:30pm	TESTINGS DAY	11:10am-Noon
Competition Sparring	7-12			7:10-8pm			
Junior Black Belts	8-12	6:10-7pm				7:10-8pm	10:00 – 11 am
Adult Black Belts	13+	8:10-9:30pm/ 1:00-2pm		1:00-2pm		8:10-9:30pm	11:10am-Noon
SWAT /STORM & Demo Team		7:10-8pm SWAT/STORM				6:10-7pm Demo Team	
Weapons Program	12+		6:10-7pm	8:10-9pm			Noon - 1pm
Open Dojang/ Office hours	12 +	Noon-1pm		Noon-1pm			1:00-1:30pm

Minimum Class Requirements:

- Taekwondo classes: White uniform pants, white uniform top (TKD T-shirt or white T-shirt ONLY!), YOUR rank belt (when in doubt/forgot your belt? get a white one)
- Weapons: 2 tanto wood knives, 2 Escrima sticks
- Sparring: Mouth piece, (male) protective cup, Foam Dip rubber hands, head, and foot pads.
- The following dates the dojo will be closed for operation: