



August 2018 SCHEDULE

FLOOR 1 (downstairs)

TIMES	MON	TUE	WED	THU	FRI	SAT	SUN
4:30 TO 5:30 PM	White Belt to Black Belt (All Ages)	White Belt to Black Belt (All Ages)	White Belt to Black Belt (All Ages)	White Belt to Black Belt (All Ages)	White Belt to Black Belt (All Ages)	C L O S E D	C L O S E D
5:30 TO 6:30 PM	White Belt to Black Belt (All Ages)	White Belt to Black Belt (All Ages)	White Belt to Black Belt (All Ages)	White Belt to Black Belt (All Ages)	White Belt to Black Belt (All Ages)		
6:30 TO 7:30 PM	White Belt to Black Belt (All Ages)	White Belt to Black Belt (All Ages)	White Belt to Black Belt (All Ages)	White Belt to Black Belt (All Ages)	BELT TEST PREPARATION (OPEN DOJANG)		
7:30 TO 8:30 PM	White Belt to Black Belt (All Ages)	White Belt to Black Belt (All Ages)	White Belt to Black Belt (All Ages)	White Belt to Black Belt (All Ages)			

FLOOR 2 (upstairs)

TIMES	MON	TUE	WED	THU	FRI	SAT	SUN
4:00 TO 4:30							C L O S E D
4:30 TO 5:00	4:30 PM New Student Introductory - "My First Class"		4:30 PM New Student Introductory - "My First Class"				
5:00 TO 5:30							
5:30 TO 6:00	5:30 PM Leadership	HPAC Sparring	4:30 PM New Student Introductory - "My First Class"	HPAC Sparring			
6:00 TO 6:30		(5:30-7:00 PM)		(5:30-7:00 PM)			
6:30 TO 7:00	6:30 PM New Student Introductory - "My First Class"		6:30 PM Leadership		6:30 PM Leadership		
7:00 TO 7:30		HPAC Poomsae		HPAC Poomsae			
7:30 TO 8:00							
8:00 TO 8:30		(7:00-8:30 PM)		(7:00-8:30 PM)			
8:30 TO 9:00							

IMPORTANT: Students are expected to be on the mats warming up no later than the scheduled class time. Any students arriving on the mats after these times are deemed late for class and must receive permission, from the instructor, to join into the class.

NOTE: Normally students warm up and practice on their own for 15 minutes prior to class in order to develop their self-discipline and to foster student friendships within our school. The actual class is 45 minutes in length.

NOTE: High Performance, HPAC, Black Belt Club and Leadership Programs are separate programs from Basic Taekwondo

FIRE DRAGON TAEKWONDO

CLASS SCHEDULE

AUGUST 2018

SUN	MON	TUE	WED	THU	FRI	SAT
29 Closed	30 Open	31 Open	1 Open Master Pellerin's Birthday	2 Open	3 Open	4 Closed
5 Closed	6 Closed Civic Holiday	7 Open	8 Open	9 Open	10 Open	11 Closed
12 Closed	13 Open	14 Open	15 Open	16 Open	17 Open	18 Closed
19 Closed	20 Open	21 Open	22 Open	23 Open	24 Belt Testing Arrive by 5:30 6:00 PM (NO CLASSES)	25 Closed
26 Closed	27 Open	28 Open	29 Open	30 Open	31 Open	1 Closed

Belt Test Prep on Friday's

- You must attend at least 1 time after earning your blue tip to test for your Orange (self defense) tip.

Note: You are coming to Test for Orange Tip, not to learn the moves, that should be completed prior to showing up.

Video's are available on our YouTube Channel under

Playlists, for the exact techniques required as per Belt Rank.

- Also a space to work on whatever you need to work on
- a chance to ask higher ranks for help with something
- an opportunity to practice helping lower belts

Every Friday at 6:30! (except on nights we are closed)

Marital Art's Summer Camp

Registration - \$199.00 per week (40 hours)

What Makes Our Camps Great?

Marital Art Classes
Elkwater Trips
Dinosaur park
Bowling
Woodworking
Jet skiing
Screen Printing
Arts & Crafts
Science Experiments
Aboriginal Activities BBQ



Medicine Hat's Best Summer Camp!

www.DragonTKD.com

(403) 502-2228

NOTE: No Classes on Statutory Holidays & some Tournament Weekends! Any class with 2 or less attendees may be cancelled at the instructors discretion.

SAFETY: Never Drop off your child for class without ensuring Fire Dragon Taekwondo Staff are present.

Classes subject to change without notice!