



# NOVEMBER 2018 SCHEDULE

## FLOOR 1 & 2 (downstairs)

TIMES	MON	TUE	WED	THU	TIMES	FRI	SAT
8:00 – 9:00	BASIC 1 - White to Yellow Stripe Belt LEVEL 2 - Yellow to Green Stripe Belt LEVEL 3 - Green to Red Stripe Belt LEVEL 4 - Red to Black Belts				8:00 – 9:00		HPAC
9:00 – 10:00					9:00 – 10:00		HPAC
10:00 – 11:00					10:00 – 11:00		Level 1 & 2
11:00 – 12:00					11:15 – 12:15		Level 3 & 4
12:00 – 1:00							
4:00 – 5:00	Level 1	Level 2	Level 1	Level 2	3:45 – 4:45	Level 1	
4:45 – 5:45	Level 1	Level 3	Level 1	Level 3	5:00 – 6:00	Level 3	
5:30 – 6:30	Level 2	Level 1	Level 2	Level 1	6:15 – 7:15	Level 4	
6:15 – 7:15	Level 3	Level 1	Level 3	Level 1	6:30 – 7:30	Belt Test Prep Floor 2	
7:00 – 8:00	Level 4	Level 1	Level 4	Level 1	7:30 – 8:30	Level 1 - 4	
7:45 – 8:45	Level 1-4	Level 1 - 4 ADULT	Level 1-4	Level 1 - 4 ADULT			

## FLOORS 3 & 4 (upstairs)

TIMES	MON	TUE	WED	THU	FRI	SAT	SUN	
4:00 TO 4:30						10:00 AM New Student Introductory "My First Class"	CLOSED	
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		HPAC Sparring (6:00-7:30 PM)		HPAC Sparring (6:00-7:30 PM)	New Student Introductory "My First Class" Includes a <b>FREE Uniform</b> (\$60 - \$70 Value) Cost: \$29.95 +GST The introductory course consists of 1 semi-private Lesson and 1 in class lesson. Plus all the information a fami- ly would required in order to decide if they wish to enroll into our regular program.			
6:00 TO 6:30								
6:30 TO 7:00	6:30 PM New Student Introductory "My First Class"		6:30 PM New Student Introductory "My First Class"					
7:00 TO 7:30		HPAC Poomsae (7:30-9:00 PM)		HPAC Poomsae (7:30-9:00 PM)				
7:30 TO 8:00								
8:00 TO 8:30								
8:30 TO 9:00								

**IMPORTANT:** Students are expected to be on the mats warming up no later than the scheduled class start 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.


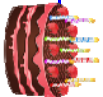

**NOTE:** Students will warm up for 15 minutes, beginning at the class start time, in the Black Belt Room - Warm Up Area.

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

# FIRE DRAGON TAEKWONDO

## CLASS SCHEDULE

# NOVEMBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
28 <b>Closed</b>	29 Open	30 Open	31 Open	1 Open	2 Open	3 Open
4 <b>Closed</b>	5 Open	6 Open	7 Open	8 Open	9 Open	10 Open
11 <b>Closed</b> Remembrance Day 	12 Open	13 Open	14 Open	15 Open Master Choi's Birthday 	16 Open	17 Open
18 <b>Closed</b>	19 Open	20 Open	21 Open	22 Open	23 Open	24 Open Tiger Tournament
25 <b>Closed</b>	26 Open	27 Open	28 Open	29 Open	30 Open	Dec. 1 Open 

### 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)*



### MOVIE DAY & NERF WARZ



#### Dec 1

Remember that w still have regular taekwondo classes prior to Movie day & Nerf Warz!

- Movie Day (1pm to 3pm)
  - Age 8 and under
  - Pizza, popcorn, and soft drinks will be provided
  - Nerf Warz (4pm to 7pm)
  - Only for 9 years old and older
  - Pizza, snack, and soft drinks will be provided
  - Provide your own guns and bullets
  - Rules will be posted on [www.dragontkd.com](http://www.dragontkd.com) under Times and Intro
- [www.DragonTKD.com](http://www.DragonTKD.com)

## Belt Test & Progress Check Week:

- Dec 10th—Dec 14th
- Graduation Ceremony will be on Dec 15th

**NOTE:** No Classes on Statutory Holidays & some Tournament Weekends! Any class with two 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!

403-502-2228