

### JUNE 2019 SCHEDULE

### FLOOR 1 & 2 (downstairs)

TIMES	MON	TUE	WED	THU	TIMES	FRI	SAT
8:00 - 9:00					8:00 - 9:00		HPAC
9:00 - 10:00			ow Stripe Belt	9:00 - 10:00		HPAC	
10:00 - 11:00	LEVEL 3 - 0	Green to Red		10:00 -11:00		Level 1 & 2	
11:00 – 12:00	LEVEL 4 -	Red to Black	Belts	11:15 – 12:15		Level 3 & 4	
12:00 - 1:00							
4:00 - 5:00	Level 1-2	Level 2	Level 1-2	Level 2	4:00 - 5:00	Level 1	
4:45 – 5:45	Level 1	Level 3	Level 1	Level 3	5:15 - 6:15	Level 1-2	
5:30 - 6:30	Level 2	Level 1	Level 2	Level 1	6:30-7:30	Level 3-4	
6:15 – 7:15	Level 3	Level 1	Level 3	Level 1	6:30 - 7:30	Belt Test Prep	
7:00 - 8:00	Level 4	Level 1 - 4	Level 4	Level 1 - 4			
7:45 – 8:45	Black Belt	Level 1 - 4 ADULT	Black Belt	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	C	I
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			Introductory "My First Class"					
5:30 TO 6:00						t Introductory st Class"		
6:00 TO 6:30		HPAC		HPAC	Includes a F	REE Uniform	S	
6:30 TO 7:00	6:30 PM New Student Introductory "My First Class"	Sparring (6:00-7:30 PM)	6:30 PM New Student	Sparring (6:00-7:30 PM)	(\$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 family would required in order to decide if they wish to enroll into our regular program.			
7:00 TO 7:30			Introductory "My First Class"				∦ E	
7:30 TO 8:00								П
8:00 TO 8:30								
8:30 TO 9:00						1 3		_

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

## FIRE DRAGON TAEKWONDO CLASS SCHEDULE

# JUNE 2019

23 Closed	16 Closed	9 Closed Black Belt Test	2 Closed	26 Closed	SUN
24 Open	Open Belt Test and Progress Check Week	10 Open	3 Open	Open Do you have all your tips for testing?	MON
25 Open	18 Open	11 Open	4 Open	28 Open Do you have all your tips for testing?	TUE
26 Open	19 Open	12 Open	5 Open	Open Do you have all your tips for testing?	WED
27 Open	20 Open	13 Open	6 Open	30 Open Do you have all your tips for testing?	UHT
28 Open	21 Open	14 Open	7 Open	31 Open Do you have all your tips for testing?	FRI
29 Open	Open Final Belt Test - Notre Dame 2:30	15 Open	8 Open Black Belt Test	Open Do you have all your tips for testing?	SAT

## 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)

### Belt Test June 22<sup>nd</sup>

June 17<sup>th</sup> to 21<sup>st</sup>

Progress/Test Week

Have you got all your tips?

GREEN - In Class

BLUE - In Class

ORANGE - Friday's at Belt Prep GOLD - Gold Stripe Form

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!