



SEPTEMBER 2019 SCHEDULE

FLOOR 1 & 2 (downstairs)

TIMES	MON	TUE	WED	THU	TIMES	FRI	SAT
8:00 – 9:00	LEVEL 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 Sparring
9:00 – 9:30					9:00 – 9:30		
10:00 – 11:00					10:00 – 11:00		Level 1 & 2
11:15 – 12:15					11:15 – 12:15		Level 3 & 4
					FRIDAY TIMES		
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 "Open DoJang"	
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 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 (5:30-7:30 PM)		HPAC Sparring (5:30-7:30 PM)	New Student Introductory "My First Class" Includes a FREE Uniform (\$60 - \$70 Value) Cost: \$27.00 +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							
7:30 TO 8:00	Junior HPAC Members first 1.5 hours Senior HPAC Members full 2 hours						
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

SEPTEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1 Closed	2 Closed Labour Day	3 Open	4 Open	5 Open	6 Open	7 Open
8 Closed	9 Open	10 Open	11 Open	12 Open	13 Open	14 Open
15 Closed	16 Open	17 Open	18 Open	19 Open	20 Open	21 Open
22 Closed	23 Open	24 Open	25 Open	26 Open	27 Open	28 Open
29 Closed	30 Open	1 Open	2 Open	3 Open	4 Open	5 Open

Belt Test Prep - "Open Dojang"

- 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 October 19th

October 14th to 18th

Progress/Test Week

Have you got all your tips?

GREEN - In Class
BLUE - In Class
RED - 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!