



# DECEMBER 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	
7:00 – 8:00	Level 4	Level 1 - 4	Level 4	Level 1 - 4	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		<b>HPAC Sparring</b> (6:00-7:30 PM)		<b>HPAC Sparring</b> (6:00-7:30 PM)	New Student Introductory "My First Class" Includes a <b>FREE</b> Uniform (\$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		<b>HPAC Poomsae</b> (7:30-9:00 PM)		<b>HPAC Poomsae</b> (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

# DECEMBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
2 Closed	3 Open	4 Open	5 Open	6 Open	7 Open	8 Open Black Belt Testing
9 Black Belt Testing	10 Open Belt Test & Progress Check Week	11 Open ⇄	12 Open ⇄	13 Open ⇄	14 Open ⇄	15 Open Graduation Ceremony
16 Closed	17 Open	18 Open	19 Open	20 Open	21 Open	22 Closed
23 Closed	24 Closed	25 Closed 	26 Closed	27 Closed	28 Closed	29 Closed
30 Closed	31 Closed	Jan 1 Closed New Years	2 Closed	3 Open	4 Open	5 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)

### "2018 ANNUAL AWARDS BANQUET" Feb 9, 2019 (tentatively)

Tickets on sale through Dojang front desk.  
Event is at Medicine Hat Lodge. Arrive at 5:00 pm, full banquet dinner at 5:30 pm.



\$27.50—(13+)  
\$16.50—(3-12)  
2 and under is free

Our Biggest Event of the Year!

[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