



JANUARY 2019 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
11:15 – 12:15					11:15 – 12:15		Level 3 & 4
4:00 – 5:00	Level 1	Level 2	Level 1	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	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"	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		HPAC Sparring		HPAC Sparring	New Student Introductory "My First Class" Includes a FREE 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		(6:00-7:30 PM)		(6:00-7:30 PM)			
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		HPAC Poomsae		HPAC Poomsae			
8:00 TO 8:30		(7:30-9:00 PM)		(7:30-9:00 PM)			
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

JANUARY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
30 Closed	31 Closed	1 Closed 	2 Closed	3 Open	4 Open	5 Open
6 Closed	7 Open	8 Open	9 Open	10 Open	11 Open	12 Open
13 Closed	14 Open	15 Open	16 Open	17 Open	18 Open	19 Open
20 Closed	21 Open	22 Open	23 Open	24 Open	25 Open	26 Open
27 Closed	28 Open	29 Open	30 Open	31 Open	1 Open	2 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

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!