

MARCH 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 - 1	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	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		C
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"					L
5:30 TO 6:00					New Student Introductory "My First Class"		1	O
6:00 TO 6:30		HPAC		HPAC	Includes a F	REE Uniform		Š
6:30 TO 7:00	6:30 PM New Student	Sparring (6:00-7:30 PM)	6:30 PM New Student	Sparring (6:00-7:30 PM)		70 Value) 29.95 +вsт		
7:00 TO 7:30	Introductory "My First Class"		Introductory "My First Class"			ictory course I semi-private		Εţ
7:30 TO 8:00		HPAC Poomsae		HPAC	Lesson and 1 in class lesson. Plus all the information a fami-			DΪ
8:00 TO 8:30				Poomsae	ly would required in order to decide if they wish to enroll into our regular program.			
8:30 TO 9:00		(7:30-9:00 PM)		(7:30-9:00 PM)	-9:00 PM)			

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**

MARCH 2019

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

Playlists, for the exact techniques required as per Belt Rank Video's are available on our YouTube Channel under **Note:** You are coming to Test for Orange Tip, not to learn the moves, that should be completed prior to showing up.

- 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 April 28

April 23 to 26th Progress/Test Week

Have you got all your tips? GREEN -In Class

BLUE -In Class

In Class

ORANGE - Friday's at Belt Prep Gold Stripe Form

www.DragonTKD.com

(403) 502-2228

less attendees may be cancelled at the instructors some Tournament Weekends! Any class with 2 or NOTE: No Classes on Statutory Holidays &

without ensuring Fire Dragon Taekwondo Staff are **SAFETY:** Never Drop off your child for class

Classes subject to change without notice!