

HAN'S TAEKWONDO ACADEMY SUMMER CLASS SCHEDULE (July 4-September 2, 2017) Rev 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		12:00-1:30 ADULT All Belts (Poomsae/Sparring & Board Breaking)			
	4:00 - 4:30 TODDLER (4-5yrs)		4:00 - 4:30 TODDLER (4-5yrs)		11:00-12:00 TODDLER & JUNIOR All Belts
4:30 – 5:15 JUNIOR Blue to Red (Poomsae)	4:30 - 5:15 JUNIOR Green Stripe to Blue- Stripe (Self Defense & Board Breaking)	4:30 – 5:15 JUNIOR White to Yellow-Stripe (Step Sparring & Sparring)	4:30 - 5:15 JUNIOR Blue to Black-Stripe (Step Sparring & Sparring)		12:00-1:00 JUNIOR & ADULT Competitive Sparring (Yellow to Black Belt)
5:15 - 6:00 JUNIOR Green-Stripe to Blue- Stripe (Poomsae)	5:15 - 6:00 JUNIOR White to Yellow (Basic Kicks & Self Defense)	5:15 - 6:00 JUNIOR Blue to Black-Stripe (Step Sparring & Sparring)	5:15 - 6:00 JUNIOR Yellow to Blue-Stripe (Basic Sparring Kicks)	5:15 - 6:00 JUNIOR White to Green-Stripe (Poomsae)	BELT LEVELS B E G I N N E R T O A D V A N C E White Yellow-Stripe Yellow Green Stripe Green Blue Stripe Blue Red Stripe Red Black Stripe BLACK
6:00 - 6:45 JUNIOR White to Yellow (Poomsae)	6:00 - 6:45 JUNIOR Blue to Red (Self Defense & Board Breaking)	6:00 - 6:45 JUNIOR Yellow to Blue-Stripe (Step Sparring & Sparring)	6:00- 6:45 JUNIOR White to Yellow-Stripe (Step Sparring & Sparring)	6:00 - 6:45 JUNIOR Green to Red (Poomsae)	
6:45 - 7:30 JUNIOR (Black Belts) ADULT (All Belts) (Poomsae)	6:45 - 7:30 JUNIOR (Black Belts) ADULT (All Belts) (Basic Kicking & Board Breaking Techniques)	6:45 - 7:30 JUNIOR (Black Belts) ADULT (All Belts) (Advanced Kicking Techniques)	6:45 - 7:30 JUNIOR (Black Belts) ADULT (All Belts) (Step Sparring & Sparring) <i>Equipment Required</i>	6:45 - 7:30 JUNIOR (Black Belts) ADULT (All Belts) (Poomsae)	
7:30 – 8:30 JUNIOR & ADULT (All Belts) (CARDIO)	7:30 - 9:00 <i>Olympic Class</i> (by invitation Only)	7:30 – 8:15 CARDIO BOXING (Registration required)	7:30 - 9:00 <i>Olympic Class</i> (by invitation Only)	7:30 – 8:30 JUNIOR & ADULT (All Belts) (CARDIO)	

*** Black Stripes can attend any colour belt classes on Mondays, Tuesdays and Fridays