



# Schedule (September 2019)

Effective on September 3, 2019

Monday (Kicking/Poomsae)	Tuesday (Hapkido/Weapon)	Wednesday (Sparring)	Thursday (Sparring)	Friday (Acrobatic/Poomsae)	Saturday (Sparring)
After School Program 3:00 – 5:00	After School Program 3:00 – 5:00	After School Program 3:00 – 5:00	After School Program 3:00 – 5:00	After School Program 3:00 – 5:00	
Little (4-6) 5:00 - 5:30	Little (4-6) 5:00 - 5:30	Little (4-6) 5:00 - 5:30	Little (4-6) 5:00 - 5:30	Little (4-6) 5:00 - 5:30	
Junior White to Yellow 5:30 - 6:15	Junior White to Yellow 5:30 - 6:15	Junior White to Yellow 5:30 - 6:15	Junior White to Yellow 5:30 - 6:15	Junior White to Yellow 5:30 - 6:15	Little/Junior White to Blue Stripe 10:00 - 11:00
Junior Green Stripe to Blue Stripe 6:15 - 7:00	Junior Blue to Black Belt 6:15 - 7:00	Junior Green Stripe to Blue Stripe 6:15 - 7:00	Junior Blue to Black Belt 6:15 - 7:00	Junior Green Stripe to Blue Stripe 6:15 - 7:00	Blue & Up/Teen/Adult /HP Team 11:00 - 12:30
Junior Blue to Black Belt 7:00 - 7:45	Junior Green Stripe to Blue Stripe 7:00 - 7:45	Junior Blue to Black Belt 7:00 - 7:45	Junior Green Stripe to Blue Stripe 7:00 - 7:45	Junior Blue to Black Belt 7:00 - 7:45	
Teen/ Adult All belts 7:45 - 8:45	Teen/ Adult All belts 7:45 - 8:45	Teen/ Adult All belts /HP Team 7:45 - 9:00	Teen/ Adult All belts /HP Team 7:45 - 9:00	Teen/ Adult All belts 7:45 - 8:45	

- Bring your own sparring gear

<b>Little:</b> 4 to 6 years old	<b>Junior:</b> 6 to 11 years old	<b>Teen :</b> 12 and Up
<b>Beginner:</b> White to Green Stripe belt	<b>Intermediate:</b> Green to Red Stripe	<b>Advanced:</b> Red to Black belt

## Dojang Etiquette

- Bow before entering the dojang.
- Arrive 5 to 10 minutes prior to your class.
- Attend 2 to 3 classes per week.
- Greet the master and Instructors.
- If you are late, wait and ask permission to join the class.
- No food or beverages are permitted, except water.
- Do not disturb class in progress.
- Keep uniforms clean and neat.
- Remove all jewellery & watches.

