

UNITED STATES TAEKWONDO ACADEMY

CLASS SCHEDULE

MASTERS: ATUON & AL SHARIF



RANK	Monday A	Tuesday A	Wednesday B	Thursday B	Friday A	Saturday B
LITTLE NINJAS 3 – 6 Yrs old	4:00		4:00			
White & H. White	6:30	4:00	6:30	4:00	6:30	11:00Am
Yellow & H. Yellow	5:50	5:20	5:50	4:40	5:50	11:40
Green & H. Green	5:50	6:00	5:50	4:40	5:50	11:40
Blue & H. Blue	5:10	6:40	5:10	5:20	5:10	11:40
Red, HR	7:10	4:40	5:10	5:20	5:10	11:40
Deputy Black	4:30	7:20	4:30	6:40	4:30	
1st Dan BLACK BELT & HIGHER			7:10	7:20		
OLYMPIC TRAINING & Weapons				6:00		

Special Classes

Team Meeting Friday 4:00pm-4:30pm

SWAT Meeting SAT. 10:00AM

'A' DAYS INCLUDE:
FORMS, SELF-DEFENSE

'B' DAYS INCLUDE:
TECHNIQUES, ARNIS, SPARRING

SWAT: GREEN BELT AND HIGHER
(BY INVITATION ONLY).

OLYMPIC TRAINING, & WEAPONS (Arnis, Bokken,
Nunchucks & Bo-Staff): *(Exclusive to Masters Club
members, SWAT members; By special INVITATION.)*

Will be announced each month.

ATTENDANCE CHECK LIST

1. Arrive 10-15 minutes prior to scheduled classes
2. Place shoes and Jackets in dressing rooms.
3. Pull attendance card after changing into uniform.
4. Keep uniform neat, clean and odor free.
5. Quietly prepare for class (Do Not Disturb class in session)
6. Respect should always be shown to your instructors and fellow students.
7. Students and guest should always be well mannered and behave properly.
8. All students should attend 2 classes per week (Yellow Belt & Higher Must Attend a Combination of 'A' and 'B' day)

9. Attend class on a regular and consistent schedule.
10. Discuss with instructor about make-up classes.
11. Proper effort and spirit should always be shown in the class.
12. Practice at home at least 15 minutes per day.
13. Memorize and apply the STUDENT CREED.
14. Develop and maintain a positive, and well disciplined attitude.
15. On 'B' days, leave safety equipment and Arnis sticks along designated wall.
16. Students should attend their level classes for tip and exam credit.

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ON THE QUEST TO BE THE BEST!

469 632-0828