

UNITED STATES TAEKWONDO ACADEMY

CLASS SCHEDULE

MASTERS: ATUON & AL SHARIF



NEW SCHEDULE BEGINS 8/1/2010

RANK	Monday A	Tuesday A	Wednesday B	Thursday B	Friday A	Saturday B
LITTLE NINJAS 3 - 6 Yrs old	4:15pm		4:15pm			
White & H. White	5:00pm 6:30pm	4:15pm 5:45pm	5:00pm 6:30pm	4:15pm 5:45pm	5:00pm 6:30pm	11:00AM
Yellow & H. Yellow	5:45pm	6:30pm	5:45pm	6:30pm	5:45pm	11:45AM
Green & H. Green	5:45pm	6:30pm	5:45pm	6:30pm	5:45pm	11:45AM
Blue & H. Blue	7:15pm	5:00pm	7:15pm	5:00pm		11:45AM
Red, HR & Deputy BB	7:15pm	5:00pm	7:15pm	5:00pm		11:45AM
1st Dan BLACK BELT & HIGHER		7:15pm		7:15pm		11:45AM
OLYMPIC TRAINING		7:15pm		7:15pm		9:30AM

Special Classes

Team Meeting	Friday 4:00pm-5:00pm
Weapons Class (SWORD)	TUE 8:00PM
SWAT Meeting	SAT. 10:30AM

'A' DAYS INCLUDE:
FORMS, SELF-DEFENSE

'B' DAYS INCLUDE:
TECHNIQUES, ARNIS, SPARRING

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

OLYMPIC TRAINING: YELLOW BELT & HIGHER
(BY INVITATION ONLY)

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!

972-238-7073