

# UNITED STATES TAEKWONDO ACADEMY

## CLASS SCHEDULE

### GRAND MASTERS ATOUN & AL SHARIF



RANK	Monday A	Tuesday A	Wednesday B	Thursday B	Friday A	Saturday B
<b>LITTLE NINJAS</b> 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		11:40
Green & H. Green		6:00	5:50	4:40	5:50	11:40
Blue & H. Blue	5:10	6:40	5:10	5:20		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		
Private Classes				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 (Amis, 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. All students should attend 2 classes per week
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. Attend class on a regular and consistent schedule.
9. Discuss with instructor about make-up classes.
10. Pull attendance card after changing into uniform.
11. Practice at home at least 15 minutes per day.
12. Memorize and apply the STUDENT CREED.
13. Develop and maintain a positive, and well disciplined attitude.
14. On 'B' days, leave safety equipment and Amis sticks along designated wall.

USTACADEMY.COM

*ON THE QUEST TO BE THE BEST!*

Richardson 972 238-7073

Allen 469 632-0828