






















| TAEKWONDO | | | | 2024 | NOVEMBER | |
|---|--|--|--|--|----------|--|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|  28-Oct |  29-Oct |  30-Oct |  31-Oct | | | |
|  4 |  5 |  6 |  7 | | | |
|  11 |  12 |  13 | |  15 | | |
| |  18 |  19 |  20 |  21 | | |
|  25 |  26 |  27 |  28 |  29 | | |

- * Sparring classes are going to be for yellow belt and up ONLY
- * Before sparring class, make sure to put on all equipment EXCEPT chest guard and helmet
- * If you need to purchase equipment, ask one of the Masters for help
- * Sparring equipment is needed in order to learn proper techniques in the best way. Not only does it provide safety, it is also an Olympic regulation.
- * Nunchuck & Boxing class starts from GREEN belt and up