

# Amity Taekwondo Summer SCHEDULE

## In person Class Schedule (*Amity location*)

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 – 4:40	-ALL COLOR BELT		-ALL COLOR BELT		10:00-11:00AM -TEAM POOMSAE
4:40 - 5:20	-PRETEST -BLACK BELT CLUB			-PRETEST	10:40-11:20AM -ALL COLOR BELT
5:20 – 6:00	-B.B (PRACTICAL SELF-DEFENSE) -CHILDREN SPARRING	- B.B (WEAPON) - LITTLE TIGERS (5:20-5:50)	-B.B (FLIP) -LITTLE TIGERS (5:20-5:50)	-BLACK BELT CLUB	11:20AM-12:00PM -B.B. (FLIP) - PRETEST
6:00 – 6:40	-ALL COLOR BELT	-ADULT/TEEN	- ALL COLOR BELT	- ALL COLOR BELT	12:00-12:40PM
6:00 - 7:00	-TEAM BREAKING		-TEAM BREAKING	-ADULT/TEEN (6:00-6:40)	-ADULT/TEEN
7:00 – 8:00	-TEAM WEAPON -TEAM POOMSAE (FREESTYLE)	-TEAM SPARRING -TEAM POOMSAE	-TEAM WEAPON -TEAM POOMSAE	-TEAM SPARRING -TEAM POOMSAE	12:00-1:00PM -TEAM SPARRING (AT EAST ROCK LOCATION)

### SUMMER CAMP

WEEK 1	- Junior / Instructor Camp - Normal Camp	JUNE 28 <sup>TH</sup> – JULY 2 <sup>ND</sup>
WEEK 2	- Team Poomsae Camp - Normal Camp	JULY 19 <sup>TH</sup> – JULY 23 <sup>RD</sup>
WEEK 3	- Team Breaking Camp - Normal Camp	JULY 26 <sup>TH</sup> – JULY 30 <sup>TH</sup>
WEEK 4	- Team Poomsae Camp - Normal Camp	AUGUST 9 <sup>TH</sup> – AUGUST 13 <sup>TH</sup>
WEEK 5	- Team Breaking Camp - Normal Camp	AUGUST 16 <sup>TH</sup> - AUGUST 20 <sup>TH</sup>

Start June 22<sup>nd</sup>  
End Sep 6<sup>th</sup>

#### Class Rank Guide:

- ALL COLOR BELTS:
  - Yellow, Orange, Green, Purple, Blue, Brown, Red/White, Red/Yellow, Red/Green, Red, Black/Red (a.k.a. PUM), Black/White, Black/Yellow
- PRETEST:
  - Black Yellow with One, Two, Three, Or Four Black Tapes
- **PLEASE NOTE:** Private Lessons are 30 min. & SOME CLASSES have a slightly different time schedule -as indicated next to it\*