

Amity Taekwondo SCHEDULE 2022

Start on New year 2022, In person Class Schedule (Amity location)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|-----------------------------------|--|---|--|---|
| 3:00 – 3:30 Priv.Lessons | Private Lessons (2) 30 min. | Private Lessons (2) 30 min. | Private Lessons (2) 30 min. | Private Lessons (1) 30 min. | Private Lessons (2) 30 min. |
| 3:30 – 4:10 | -2/3 DAN, Black belt | Private Lessons (2) *3:30-4:00 | | Private Lessons (1) *3:30-4:00 | -2/3 DAN, Black belt |
| 4:10 – 4:50 | -All color belt - After school | -Yellow to Brown | -All color belt -After school | -Yellow to Brown - Pretest | -All Color Belt |
| 4:50 – 5:30 | -Sparring | - Black belt (Flip) -Little Tigers *5:10 – 5:40 | -Little Tigers *5:10 – 5:40 - Black belt (Practical) | - Black belt (Weapon) -Little Tigers *5:10 – 5:40 | -B.B. Club - Black belt (Flip) |
| 5:30 – 6:10 | -Pretest | | | | - All Color belt - Team Poomsae(5:30-6:30) |
| 6:10 – 6:50 | -Adult/Junior | -All Color Belt -Team Breaking *6:00 -7:00 | -Adult/Junior | -All Color Belt -Team Breaking *6:00 -7:00 | - Adult/Junior |
| 7:00 – 8:00 | -Team Poomsae -Team Weapon | -Team Poomsae -Team Sparring | - Team Sparring -Team Poomsae | -Team Weapon -Team Poomsae | - Team Sparring(6:30-7:30) |

(Saturday)

Private lesson schedule

| Hanla | Saturday |
|---------------|----------------------------------|
| 10:00 – 10:40 | B.B. Club |
| 10:40 – 11:20 | All Color Belt Class |
| 11:30 – 12:10 | Pretest (ALL) |
| 12:10 – 12:50 | Black belt (Poomsae) Sparring |
| | |

| | Mon | Tue | Wed | Thu | Fri | Sat |
|------|--------|--------|--------|--------|--------|----------|
| 2:30 | Lesson | Lesson | Lesson | Lesson | Lesson | 9:00 am |
| 3:00 | Lesson | Lesson | Lesson | Lesson | Lesson | 9:30 am |
| 3:30 | Lesson | Lesson | Lesson | Lesson | Lesson | 10:00 am |
| 4:00 | \ | Lesson | Lesson | Lesson | Lesson | 10:30 am |
| 4:30 | \ | Lesson | Lesson | Lesson | Lesson | 11:00 am |
| 5:00 | Lesson | Lesson | Lesson | Lesson | Lesson | 11:30 am |
| 5:30 | Lesson | Lesson | Lesson | Lesson | Lesson | 1:00 pm |
| 6:00 | \ | \ | Lesson | \ | \ | 1:30 pm |
| 6:30 | \ | \ | Lesson | \ | \ | |

Class Rank Guide:

- **COLOR BELTS:**
 - Yellow – Brown = Yellow, Orange, Green, Purple, Blue, Brown
 - Red/White – Black/Yellow = Red/White, Red/Yellow, Red/Green, Red, Black/Red (a.k.a. PUM), Black/White, Black/Yellow
- Pretest 1 - 4 = Black Yellow with One Black Tape
- Pretest 5 - 8 = Black Yellow with 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*