

Amity Taekwondo Summer SCHEDULE 2022

June 20th – Sep 5th, In person Class Schedule (Amity location)

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:10 – 4:50	-Yellow to Brown - Little Tigers *4:30 – 5:00	-All color belt	-Black belt (Weapon)	-All Color Belt
4:50 – 5:30	- Black belt (Flip)	-Little Tigers *5:10 – 5:40	- Yellow to Brown/Pretest -Little Tigers *5:10 – 5:40	-B.B. Club - Black belt (Practical)
5:30 – 6:10	-Team Weapon (5:00 -6:00)		- Sparring	- All Color belt - Team Poomsae(5:30-6:30)
6:10 – 6:50	-All Color Belt -Team Breaking *6:00 -7:00	-Adult/Junior	-All Color Belt -Team Breaking *6:00 -7:00	- Adult/Junior/Pretest
7:00 – 8:00	-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	Black belt {Poomsae}
12:10 – 12:50	Adult/Junior/Pretest

	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*