

# Amity Taekwondo SCHEDULE 2022

**Start on Dec 5<sup>th</sup> 2022, In person Class Schedule (Amity location)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:10 – 4:50	-All belt - After school	-White to Brown	-All belt -After school	-White to Brown - Pretest	-All belt
4:50 – 5:30	-Sparring	- Black belt (Combo kicks) -Little Tigers *5:10 – 5:40	-Little Tigers *5:10 – 5:40 - Black belt (Practical)	- Black belt (Flip) -Little Tigers *5:10 – 5:40	-B.B. Club - Black belt (Weapon)
5:30 – 6:10	-Pretest				-All belt - Team Poomsae(5:30-6:30)
6:10 – 6:50	-Adult/Junior	-All belt -Team Breaking *6:00 -7:00	-Adult/Junior	-All 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)

## Beginner schedule or Book a private lessons

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(Flip) Sparring

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00	3:00	3:00	3:00	3:00	9:00 am
3:30	3:30	3:30	3:30	3:30	9:30 am
5:00	4:00	5:30	5:30	4:00	12:00 pm
5:30	4:30	6:00		6:00	
6:00	5:00				
	5:30				

### Class Rank Guide:

- All BELTS:
  - White – 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