



CAMBRIDGE TAEKWONDO ACADEMY

FALL 2019 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30		Stripe testing		Stripe testing		Open Class All Ages, All Belts
6:00	Stripe testing ¹ - juniors	Beginners ALL AGES white belt to green belt ³	Stripe testing	Beginners ALL AGES white belt to green belt ³	Stripe testing	
6:30	Juniors to age 12 or 13 (all belts) ²		Juniors (all belts)		Advanced Juniors green belt to black belt ⁴	Juniors (all belts)
7:00		stripe testing		stripe testing		
7:30	stripe testing	Advanced Juniors green belt to black belt ⁴	stripe testing	Advanced Juniors green belt to black belt	stripe testing	stripe testing
8:00	Teen/Adult all belts	Teen/Adult all belts	Teen/Adult all belts	Teen/Adult all belts	Teen/Adult all belts	Note: Saturday classes may be cancelled for holidays, gradings, or tournaments.
9:00						
¹ The curriculum material is divided according to the type of technique to be learned (kicks, blocks, stances & stepping, strikes & punches, etc.). For each category, a different coloured tape stripe is earned for demonstrating the new techniques required to advance to the next belt. Material from previous belt levels will also be reviewed.						
² Juniors in grade 7 and 8 have the option to attend junior or teen / adult class as preferred.						
³ This class is for junior AND (optionally) adult students with belts up to and including green belt (10 to 6 gup).				⁴ This class is for junior students with green belt and above (6 gup to black belt).		
⁵ Students with green belt or higher may attend either or both Saturday classes.						