



CAMBRIDGE TAEKWONDO ACADEMY

MAY - JUNE 2019 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00	Advanced belts blue stripe to black (ALL ages)		Juniors white belt to green belt (all ages) ³		Young Juniors ages 5 to 9 (all belts)	All Ages, All Belts
		Stripe testing - juniors		Stripe testing - juniors		
6:00	Stripe testing ¹ - juniors	Juniors white belt to green belt (all ages) ³	Stripe testing - juniors	Juniors white belt to green belt (all ages) ³	Stripe testing - juniors	Intermediate / Advanced (green belt to black) ⁵
6:30	Juniors to age 12 or 13 (all belts) ²		Juniors (all belts)			
7:00		Juniors green belt to black belt (all ages) ⁴		Juniors green belt to black belt (all ages)		
7:30	all stripe testing		all stripe testing		all stripe testing	
7:45						Note: Saturday classes may be cancelled for holidays, gradings, or tournaments.
8:00	Teen/Adult	Teen/Adult	Teen/Adult	Teen/Adult	Teen/Adult	
8:45						
9:00	<p>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.</p> <p>² Juniors in grade 7 and 8 have the option to attend teen / adult class as preferred.</p> <p>³ This class is for junior students with belts up to and including green belt (10 to 6 gup).</p> <p>⁴ This class is for junior students with green belt and above (6 gup to black belt).</p> <p>⁵ Students with green belt or higher may attend either or both Saturday classes.</p>					