



CAMBRIDGE TAEKWONDO ACADEMY

SEPTEMBER 2019 SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30		Stripe testing		Stripe testing		All Ages, All Belts Intermediate / Advanced (green belt to black)⁵ Note: Saturday classes may be cancelled for holidays, gradings, or tournaments.
6:00	Stripe testing ¹ - juniors	ALL AGES white belt to green belt³	Stripe testing	ALL AGES white belt to green belt³	Stripe testing	
6:30	Juniors to age 12 or 13 (all belts)²		Juniors (all belts)	Juniors green belt to black belt (all ages)⁴	Juniors (all belts)	
7:00		all stripe testing				
7:30	all stripe testing	all stripe testing	all stripe testing	all stripe testing	all stripe testing	
8:00	Teen/Adult all belts	Teen/Adult all belts	Teen/Adult all belts	Teen/Adult all belts	Teen/Adult all belts	
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.					