

AMAC CLASS SCHEDULE

Start Sep 28, 2009

MONDAY		TUESDAY		WEDNESDAY	
Main Dojang	Side Dojang	Main Dojang	Side Dojang	Main Dojang	Side Dojang
2:00-2:50		1:00-1:50	1:50-2:20	1:30-2:20	
AMP		All Ages All Belts	Age 3 only	All Ages All Belts	
3:00-3:50		3:30-4:20	3:30-4:20	3:30-4:25	
AMP		AMP	Age 4	AMP	
4:10-5:00		4:20-5:10		4:20-5:10	
White to Orange	No Belts only	AMP	AMP	AMP	AMP
5:10-6:00	5:20 - 5:50	5:10-6:00		5:10-6:00	
Green to Purple	Age 3 only	White to Orange	No Belts only	Purple to Jr.Black	Green & Blue
6:10-7:00		6:10-7:00		6:10-7:00	
Jr. Black & Black Belts	Brown & Red	Purple to Red	Green & Blue	White to Orange	No Belts only
7:10-8:00		7:10-8:00		7:10-8:00	
Family & All Belts	Family & All Belts	All Black Belts	All Jr.Black Belts	Family & All Belts	Family & All Belts
8:00-9:00		8:00-9:00	8:00-9:00	8:00-9:00	
Age 12 & up Adult	All Black Belts	Hae Dong Gum Do	Make up Test Or Private Lesson	Age 12 & up Adult	All Black Belts

For Tae Kwon Do class, students will stretch together in the Main Dojang.

After stretching, students will divide into their belt levels.

If your class is scheduled in Side Dojang, please enter and exit using the Side Dojang entrance.

After Class is over, students will exit via the same entrance unless you have special request.

PARKING RULES:

Mon-Fri 4pm-7pm: All cars must be parked in the rear of the building.

Mon-Fri 4pm-7pm: Front parking spaces are reserved strictly for dropoff and pickup only.

One-way is observed at all times.

Please do not block any of the entrances at any time.

AMAC CLASS SCHEDULE

Start Sep 28, 2009

THURSDAY		FRIDAY		SATURDAY	
Main Dojang	Side Dojang	Main Dojang	Side Dojang	Main Dojang	Side Dojang
1:00-1:50	1:50-2:20		3:00-3:30	9:00-9:50	9:15-9:45
All Ages All Belts	Age 3 only		Age 3	Green to Red	Age 3
3:30-4:20	3:30-4:20	3:30-4:20		9:50-10:40	10:00-10:30
AMP	Age 4	AMP		No belt to Orange	Bring your Friends
4:20-5:10		4:20-5:10		10:40-11:30	
AMP	AMP	AMP	AMP	Jr.Black & Black Belts Teen & Adult	
5:10-6:00		5:10-6:00		11:30-12:00	12:00-1:00
White to Orange	No Belts only	White to Green	No Belts only	Weapon Class Black Belts Only	Private Lesson or Make up Test
6:10-7:00		6:10-7:00		12:15-1:30	
Purple to Red	Green & Blue	Brown to Black Belts	Blue & Purple	Demo Team	
7:10-8:00		7:10-8:00		1:30-3:30	
Jr.Black & Black Belts Age 11 & Under	Hae Dong Gum Do	Family & All Belts	Family & All Belts	Birthday Party	
8:00-9:00		8:00-9:00	8:00-9:00		
Age 12 & up Adult	All Black Belts	Age 12 & up Adult Black Belts	Dream Team		

AMP = After School Martial Arts Program (Transportation provided from school to AMAC)

Group Test: Feb, April, June, Aug, Oct & Dec

Black Belt Test: March, July & Dec

Sparring Week: Each month, students will practice one week of sparring.

October: Picture day & Halloween Costume Contest

December: Annual Holiday Party & Black Belt Ceremony

Demo Team & Dream Team Begins February

Belt Order:

No Belt, White, White Stripe, Gold, Orange, Green, Blue, Purple, Brown, Red, Jr. Black, Black

Hae Dong Gum Do lessons are free to AMAC 2nd Dan Black Belt & up.