






- ***YHP LIVE! Online Program** will be hosted in our *members only* *YHP Live! Facebook Group*. Please join the group to have access to all our online content plus Live! classes.
- ***Curriculum videos** for all belt ranks can be accessed by visiting the *Student Area* section of our website at www.yhpark.com. Practice with confidence at your own leisure!
- ***Weekly 1 on 1 Live Video Progress Checks** are administered on Tuesdays and Thursdays using the ZOOM app. By appointment only. Please email edwardpark20@gmail.com.
- ***Traditional Thursdays** - Live! or pre-recorded videos to learn about the history, philosophy and culture of our Academy and Taekwondo.
- ***Fun Fridays!** - Fridays are for Fun! We will host a Live! Fun themed Friday class plus weekly challenges to earn raffles for prizes (Tuesdays- Raffle Drawings).
- ***Motivational Mondays** - Encouragements directly from our Grandmaster, Masters and Instructors to kick off the week on the right foot!
- ***Classes are unlimited** and feel free to replay the lesson throughout the week.
- ***Go at your own pace** and feel free to modify any of the drills and have fun!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00 - 4:30pm	BEGINNER (White & Yellow)	LIVE! RAFFLE DRAWING	BEGINNER (White & Yellow)	TRADITIONAL THURSDAY LIVE! or VIDEO	FUN FRIDAY CHALLENGE!
4:30 - 5:00pm	INTERMEDIATE (Orange, Green, Blue)	SCHEDULE YOUR 1 ON 1 PROGRESS CHECK (12-6pm, WEEKLY)	INTERMEDIATE (Orange, Green, Blue)	SCHEDULE YOUR 1 ON 1 PROGRESS CHECK (12-6pm, WEEKLY)	LIVE! FUN FRIDAY CLASS (ALL LEVELS & AGES)
5:00 - 5:30pm	ADVANCED (Purple - Deputy)	PROGRESS CHECKS (12-6pm, WEEKLY)	ADVANCED (Purple - Deputy)	PROGRESS CHECKS (12-6pm, WEEKLY)	TK2: FOCUSED FITNESS (TK2 GROUP PAGE)
5:30 - 6:00pm	BLACK BELTS ONLY	PROGRESS CHECKS (12-6pm, WEEKLY)	BLACK BELTS ONLY	PROGRESS CHECKS (12-6pm, WEEKLY)	 zoom COMPETITION TEAM PRACTICE (TIMES VARY FOR EACH TEAM)
6:00 - 6:30pm	TK2: FOCUSED FITNESS (TK2 GROUP PAGE)	 zoom Download the Zoom app for Progress Checks	TK2: FOCUSED FITNESS (TK2 GROUP PAGE)	 zoom Download the Zoom app for Progress Checks	