



***Sparring Gear & Weapons:** Students must come prepared with their arms guards, leg guards and gloves on for Sparring Week (3rd week of each month) and bring your FULL gear. Bring weapons only for weapons week (week 4).

***SPORT SATURDAYS:** A new concept for Saturday classes that will focus only on the Sport aspect of Taekwondo - Olympic Sparring (what made Taekwondo the most popular martial art in the world). Only for Sport Saturdays, we will give the option for students to train in our Y.H. Park athletic wear (Y.H. Park branded t-shirts & shorts, no belt) instead of our traditional uniform and belt. Students orange belt & up will need to bring their full sparring gear for Sport Saturday classes.

***New Schedule effective September 3rd, 2024**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SPORT SATURDAY
4:15 - 5:00 PM	<u>Advanced class</u> blue, purple, red, brown	<u>Intermediate class</u> yellow, orange, green	<u>Advanced class</u> blue, purple, red, brown	<u>Intermediate class</u> yellow, orange green	<u>Beginner class</u> Little Tigers white	9:00 AM <u>Adult/Teen class</u> (Black belts included)
5:00 - 5:45 PM	<u>Intermediate class</u> yellow, orange green	<u>Beginner class</u> Little Tigers white	<u>Beginner class</u> Little Tigers white	<u>Advanced class</u> blue, purple, red, brown	<u>Intermediate class</u> yellow, orange green	9:45 AM <u>Beginner class</u> Little Tigers white
5:45 - 6:30 PM	<u>Beginner class</u> Little Tigers white	<u>Advanced class</u> blue, purple, red, brown	<u>Intermediate class</u> yellow, orange green	<u>Beginner class</u> Little Tigers white	<u>Advanced class</u> blue, purple, red, brown	10:30 AM <u>Intermediate class</u> yellow, orange green
6:30 - 7:15 PM	<u>Black Belt Prep class</u> red/black & deputy	<u>Black Belt Prep class</u> red/black & deputy	<u>Black Belt Prep class</u> red/black & deputy	<u>Black Belt Prep class</u> red/black & deputy	<u>Competition Team</u> Poomsae & Sparring	11:15 AM <u>Advanced class - Black Belt</u> blue - black
7:15 - 8:00 PM	<u>Black Belt class</u> 1st degrees	<u>Black Belt class</u> 1st degrees	<u>Black Belt class</u> 1st degrees	<u>Black Belt class</u> 1st degrees	<u>Competition Team</u> Poomsae & Sparring	
8:00 - 8:45 PM	<u>Adult/Teen class</u> <u>2nd degree BB & up</u>	<u>Adult/Teen class</u> <u>2nd degree BB & up</u>	<u>Adult/Teen class</u> <u>2nd degree BB & up</u>	<u>Adult/Teen class</u> <u>2nd degree BB & up</u>	<u>Competition Team</u> Demonstration Team	