

T. KANG KARATE

July 2017

GRANDMASTER

TAEKWONDO

MARINE PARK

(718) 891-1400

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	(Obstacle) 31 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR ADVANCED</u> 6:30 <u>JR WHITE/UP</u> 7:15 <u>WHITE & UP</u> <u>Bag Workout</u>		<u>REMINDERS</u> <u>School Closed</u> JULY 1st-JULY 4th <u>SCHOOL PICNIC</u> <u>MANHATTAN BEACH</u> Sunday July 16th 11am - 5pm	<u>REMINDERS</u> <u>Color Belt Test</u> Thurs. Aug. 3rd <u>Test Fees Due</u> <u>Friday July 28th</u>	<u>TRAINING CAMP</u> <u>Fees Due</u> Sat. July 15th Bring A Friend Day Friday July 28th	1 <u>SCHOOL CLOSED</u> <u>SCHOOL CLOSED</u>
2 MONDAY WEDNESDAY FRIDAY, <u>BROWN BELT AND UP</u> <u>MUST WEAR BLACK</u> <u>UNIFORM.</u> <u>School Closed</u>	3 <u>SCHOOL CLOSED</u> <u>SCHOOL CLOSED</u> <u>SCHOOL CLOSED</u>	4 <u>SCHOOL CLOSED</u> <u>SCHOOL CLOSED</u> HAPPY INDEPENDENCE DAY	5 (Wrestling) 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR BLUE & UP</u> 6:30 <u>JR WHITE/UP</u> 7:15 <u>WHITE & UP</u> <u>Body Pump</u>	6 (All-Out Kicks) 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR BLUE & UP</u> 7:15 <u>WHITE & UP</u> <u>SPARRING</u> 8:15 <u>BLACK BELTS ONLY</u>	7 (Sparring) 5:00 <u>JR WHITE/ - GREEN</u> 5:45 <u>GREEN & UP</u> 7:15 <u>WHITE & UP</u> (Target/Bag/Form) 8:15 <u>OPEN WORKOUT</u>	8 10:00 <u>Jr. FULL REVIEW</u> <u>WHITE & UP</u> 11:00 <u>ADULTS (Stretching)</u>
9 MONDAY WEDNESDAY FRIDAY, <u>BROWN BELT AND UP</u> <u>MUST WEAR BLACK</u> <u>UNIFORM.</u> <u>School Closed</u>	10 (Weapons) 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR ADVANCED</u> 6:30 <u>JR WHITE/UP</u> 7:15 <u>WHITE & UP</u> <u>Bag Workout</u>	11 (Review) 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR BLUE & UP</u> 6:30 <u>JR WHITE/UP</u> 7:15 <u>WHITE & UP</u> (Weapons) 8:15 <u>GREEN & UP</u> Review	12 (Sparring) 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR BLUE & UP</u> 6:30 <u>JR WHITE/UP</u> 7:15 <u>WHITE & UP</u> <u>Body Pump</u>	13 (Jump Kicks) 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR BLUE & UP</u> 7:15 <u>WHITE & UP</u> <u>SPARRING</u> 8:15 <u>BLACK BELTS ONLY</u>	14 (Obstacle) 5:00 <u>JR WHITE/ - GREEN</u> 5:45 <u>GREEN & UP</u> 7:15 <u>WHITE & UP</u> (Kicking) 8:15 <u>OPEN WORKOUT</u>	15 10:00 <u>Jr. FULL REVIEW</u> <u>WHITE & UP</u> 11:00 <u>ADULTS (Stretching)</u>
16 <u>SCHOOL PICNIC</u> <u>MANHATTAN BEACH</u> <u>11 AM-5PM</u> <u>ALL ARE WELCOME</u> <u>School Closed</u>	17 (All-Out-Kicks) 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR ADVANCED</u> 6:30 <u>JR WHITE/UP</u> 7:15 <u>WHITE & UP</u> <u>Bag Workout</u>	18 (Sparring) 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR BLUE & UP</u> 6:30 <u>JR WHITE/UP</u> 7:15 <u>WHITE & UP</u> (Sparring Tech.) 8:15 <u>GREEN & UP</u> Review	19 (Target/Bag) 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR BLUE & UP</u> 6:30 <u>JR WHITE/UP</u> 7:15 <u>WHITE & UP</u> <u>Body Pump</u>	20 (Obstacle) 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR BLUE & UP</u> 7:15 <u>WHITE & UP</u> <u>SPARRING</u> 8:15 <u>BLACK BELTS ONLY</u>	21 (Self-Defense) 5:00 <u>JR WHITE/ - GREEN</u> 5:45 <u>GREEN & UP</u> 7:15 <u>WHITE & UP</u> (Target/Bag/Form) 8:15 <u>OPEN WORKOUT</u>	22 10:00 <u>Jr. FULL REVIEW</u> <u>WHITE & UP</u> 11:00 <u>ADULTS (Stretching)</u>
23 MONDAY WEDNESDAY FRIDAY, <u>BROWN BELT AND UP</u> <u>MUST WEAR BLACK</u> <u>UNIFORM.</u> <u>School Closed</u>	24 (Review) 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR ADVANCED</u> 6:30 <u>JR WHITE/UP</u> 7:15 <u>WHITE & UP</u> <u>Bag Workout</u>	25 (Weapons) 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR BLUE & UP</u> 6:30 <u>JR WHITE/UP</u> 7:15 <u>WHITE & UP</u> (Self-Defense) 8:15 <u>GREEN & UP</u> Review	26 (Takedown) 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR BLUE & UP</u> 6:30 <u>JR WHITE/UP</u> 7:15 <u>WHITE & UP</u> <u>Body Pump</u>	27 (Sparring) 5:00 <u>JR WHITE/GREEN</u> 5:45 <u>JR BLUE & UP</u> 7:15 <u>WHITE & UP</u> <u>SPARRING</u> 8:15 <u>BLACK BELTS ONLY</u>	28 (Target/Bag) 5:00 <u>JR WHITE/ - GREEN</u> 5:45 <u>GREEN & UP</u> <u>Bring a Friend Day</u> 7:15 <u>WHITE & UP</u> (Kicking) 8:15 <u>OPEN WORKOUT</u>	29 10:00 <u>Jr. FULL REVIEW</u> <u>WHITE & UP</u> 11:00 <u>ADULTS (Stretching)</u>