

T. KANG KARATE

May 2016

GRANDMASTER

TAEKWONDO

MARINE PARK

(718) 891-1400

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>MONDAY WEDNESDAY, FRIDAY, BROWN BELT AND UP MUST WEAR BLACK UNIFORM. <u>School Closed</u></p>	<p>(Self-Defense) 2</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR ADVANCED 6:30 JR WHITE/UP</p> <p>7:15 WHITE & UP (Requirements) 8:15 BAG WORKOUT</p>	<p>(Sparring) 3</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR BLUE & UP 6:30 JR WHITE/UP</p> <p>7:15 WHITE & UP (Sparring Tech.) 8:15 GREEN & UP</p>	<p>(Wrestling) 4</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR BLUE & UP 6:30 JR WHITE/UP</p> <p>7:15 GRANDMASTER (Basic Kicks) 8:15 BODY PUMP</p>	<p>(Obstacle) 5</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR BLUE & UP 6:30 JR WHITE/UP</p> <p>7:15 SPARRING 8:15 REQUIREMENTS</p>	<p>(Target/Bag) 6</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/ - GREEN</u> 5:45 GREEN & UP</p> <p>7:15 WHITE & UP (Target/Bag/Form) 8:15 OPEN WORKOUT</p>	<p>7</p> <p>10:30 Special Techs. <u>Green & Up</u></p> <p>11:00 FULL REVIEW <u>WHITE & UP</u></p> <p>12:00 ADULTS (Stretching) 1:00 <u>TKTKICKBOXING</u></p>
<p>8</p> <p>MONDAY WEDNESDAY, FRIDAY, BROWN BELT AND UP MUST WEAR BLACK UNIFORM. <u>School Closed</u></p>	<p>(Review) 9</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR ADVANCED 6:30 JR WHITE/UP</p> <p>7:15 WHITE & UP (Self-Defense) 8:15 BAG WORKOUT</p>	<p>(Obstacle) 10</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR BLUE & UP 6:30 JR WHITE/UP</p> <p>7:15 WHITE & UP (Grappling) 8:15 GREEN & UP</p>	<p>(Target/Bag) 11</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR BLUE & UP 6:30 JR WHITE/UP</p> <p>7:15 GRANDMASTER (Turning Kicks) 8:15 BODY PUMP</p>	<p>(Sparring) 12</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR BLUE & UP 6:30 JR WHITE/UP</p> <p>7:15 SPARRING 8:15 REQUIREMENTS</p>	<p>(Grappling) 13</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/ - GREEN</u> 5:45 GREEN & UP</p> <p>7:15 WHITE & UP (Target/Bag/Form) 8:15 OPEN WORKOUT</p>	<p>14</p> <p>10:30 Special Techs. <u>Green & Up</u></p> <p>11:00 FULL REVIEW <u>WHITE & UP</u></p> <p>Adult Black Belt Test</p> <p>3:30 Hi. Red- 2nd Dan Re 6:30 2nd Dan Lv.1 & Up</p>
<p>15</p> <p>Jr. Black Belt Test 9:00 Am Hi. Red Belts 11:30 Am Rec BB- 1st Dan 1:30 Pm 1st Dan Lv 2 & U ALL BLACK BELTS MUST BRING SPARRING GEAR</p>	<p>(Self-Defense) 16</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR ADVANCED 6:30 JR WHITE/UP</p> <p>7:15 WHITE & UP (Weapons) 8:15 BAG WORKOUT</p>	<p>(Target/Bag) 17</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR BLUE & UP 6:30 JR WHITE/UP</p> <p>7:15 WHITE & UP (Sparring Tech.) 8:15 GREEN & UP</p>	<p>(Weapons) 18</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR BLUE & UP 6:30 JR WHITE/UP</p> <p>7:15 GRANDMASTER (Multiple Kicks) 8:15 BODY PUMP</p>	<p>(Obstacle) 19</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR BLUE & UP 6:30 JR WHITE/UP</p> <p>7:15 SPARRING 8:15 REQUIREMENTS</p>	<p>(Sparring) 20</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/ - GREEN</u> 5:45 GREEN & UP</p> <p>7:15 WHITE & UP (Target/Bag/Form) 8:15 OPEN WORKOUT</p>	<p>21</p> <p>10:30 Special Techs. <u>Green & Up</u></p> <p>11:00 FULL REVIEW <u>WHITE & UP</u></p> <p>12:00 ADULTS (Stretching) 1:00 <u>TKTKICKBOXING</u> 2:30 <u>Form Tournament</u></p>
<p>22</p> <p>MONDAY WEDNESDAY, FRIDAY, BROWN BELT AND UP MUST WEAR BLACK UNIFORM. <u>School Closed</u></p>	<p>(Obstacle) 23</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR ADVANCED 6:30 JR WHITE/UP</p> <p>7:15 WHITE & UP (Special Tech.) 8:15 BAG WORKOUT</p>	<p>(All-Out-Kicks) 24</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR BLUE & UP 6:30 JR WHITE/UP</p> <p>7:15 WHITE & UP (Grappling) 8:15 GREEN & UP</p>	<p>(Sparring) 25</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR BLUE & UP 6:30 JR WHITE/UP</p> <p>7:15 GRANDMASTER (All-Out-Kicks) 8:15 BODY PUMP</p>	<p>(Target/Bag) 26</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR BLUE & UP 6:30 JR WHITE/UP</p> <p>7:15 SPARRING 8:15 REQUIREMENTS</p>	<p>27</p> <p>School Closed</p> <p><u>CLOSED FOR MEMORIAL WEEKEND</u></p> <p>School Closed</p> <p>School Closed</p>	<p>28</p> <p>School Closed</p> <p><u>CLOSED FOR MEMORIAL WEEKEND</u></p> <p>School Closed</p> <p>School Closed</p>
<p>29</p> <p>School Closed</p> <p><u>CLOSED FOR MEMORIAL WEEKEND</u></p> <p>School Closed</p> <p>School Closed</p>	<p>30</p> <p>School Closed</p> <p><u>CLOSED FOR MEMORIAL WEEKEND</u></p> <p>School Closed</p> <p>School Closed</p>	<p>31</p> <p>(Breaking)</p> <p>4:00 JR WHITE/UP 5:00 <u>JR WHITE/GREEN</u> 5:45 JR BLUE & UP 6:30 JR WHITE/UP</p> <p>7:15 WHITE & UP (Breaking) 8:15 GREEN & UP</p>				