














U.S. Taekwondo Academy Schedule 2019 - Effective February 1st, 2019

Monday Nunchuck Day	Tuesday Sword Day	Wednesday	Thursday Competition Day	Friday Sparring Day	Saturday
4:00pm - 4:45pm Children's (Yellow-Brown 1) Beginner/ Intermediate	4:00pm - 4:45pm Children's (Green 2 - B.B.) Intermediate/ Advanced	3:30pm - 4:00pm Tiny Tigers White Belt & White Belt with Black Stripe 	4:00pm - 4:45pm Children's (Green 2 - B.B.) Intermediate/ Advanced	4:00pm - 4:45pm Children's (Yellow-Brown 1) Beginner/ Intermediate	8:30am - 9:20am Power Tae (downstairs no shoes)
5:00pm - 5:45pm Children's (Green 2 - B.B.) Intermediate/ Advanced	5:00pm - 5:30pm Tiny Tigers Yellow Belt & Up 	4:15pm - 5:00pm Children's All Belts	5:00pm - 5:45pm Children's (Yellow-Brown 1) Beginner/ Intermediate	5:00pm - 5:30pm Tiny Tigers Yellow Belt & Up 	8:30am - 9:20am All Ages All Belts
6:00pm - 6:30pm Tiny Tigers All Belts 	5:45pm - 6:15pm Tiny Tigers White Belt & White Belt with Black Stripe 	5:15pm - 5:45pm White Belt Only 	6:00pm - 6:30pm Tiny Tigers White Belt & White Belt with Black Stripe 	5:45pm - 6:15pm White Belt Only 	9:30am - 10:00am White Belt Only 
6:30pm - 7:00pm White Belt Only 	6:30pm - 7:20pm All Ages All Belts	6:00pm - 6:30pm Tiny Tigers Yellow Belt & Up 	6:40pm - 7:30pm All Red & Black Belts	6:30pm - 7:20pm All Ages All Belts	10:10am - 10:40am Tiny Tigers All Belts 
7:10pm - 8:00pm Family All Belts	7:10pm - 8:00pm Power Barre Sculpt (upstairs wear shoes)	6:40pm - 7:30pm Family All Belts	7:10pm - 8:00pm Power Barre (upstairs wear shoes)	7:30pm - 8:30pm Demonstration & Competition Teams	10:50am - 11:35am Children's All Belts
7:10pm - 8:00pm Power Barre Sculpt (upstairs wear shoes)	7:30pm - 8:20pm All Red & Black Belts	7:10pm - 8:00pm Power Tae (upstairs wear shoes)	7:10pm - 8:00pm Power Tae Remix (downstairs no shoes)		
8:10pm - 9:00pm Master & Instructor Training (Special B.B. Test)		7:40pm - 8:30pm Adult's All Belts	7:40pm - 8:30pm Adult's All Belts		12:00pm - 2:00pm Birthday Parties 

Class Attendance Rules

Arrive 10 minutes before your class, pick up your attendance card.

Stretch quietly while waiting for class to begin.

Notify school if you will be missing class.

Sparring equipment required for Yellow belt and above daily.

Any higher belt may attend a lower belt class.

Students must attend classes regularly to receive their colored and Black belts on time. If not, no credit will be given.

Family class is for family members only.

No class when there is a special event.

Belt Testing

Testing is normally held every other month on the 3rd Thursday. No class on testing day. Testing days are subject to change, check website.

Instructor approval required to test.

Must attend 15 classes to test for Yellow-Red 1 belt. Must attend 30 classes to test for Red 2 & higher.

Witnesses, sparring equipment & booklet are required to test.

Black Belt Requirements

You must participate in two competitions to receive your Black Belt. This is a mandatory requirement.