



# May - June Calendar 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 (Hi 5 Team) Sparring - 6pm	4 (Hi 5 Team) Poomsae - 1pm
5	6	7	8	9	10 (Hi 5 Team) Sparring - 6pm	11 (Hi 5 Team) Poomsae - 1pm
12 	13	14	15	16	17 (Hi 5 Team) Sparring - 6pm	18 (Hi 5 Team) Poomsae - 1pm
19	20	21	22	23	24 (Hi 5 Team) Sparring - 6pm	25 <b>Stanford Open Taekwondo Championship</b>
26	27 <b>Studio Closed</b> 	28	29	30	31 (Hi 5 Team) Sparring - 6pm	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 (Hi 5 Team) Poomsae - 1pm
2	3	4	5	6	7 (Hi 5 Team) Sparring - 6pm	8 (Hi 5 Team) Poomsae - 1pm
9	10	11	12	13	14 (Hi 5 Team) Sparring - 6pm	15 (Hi 5 Team) Poomsae - 1pm <b>BLACK BELT CLUB TRAINING - 10:30 AM</b>
16 	17	18	19 <b>Tiny Tiger Testing - 3:45pm</b> <b>Belt Testing</b> <b>4:30pm: (White Belt)</b> <b>5:15pm: (Sr.White-Sr. Green)</b> <b>6:30pm: (Blue - DanBo Belt)</b>	20	21 (Hi 5 Team) Sparring - 6pm	22 (Hi 5 Team) Poomsae - 1pm
23 / 30	24	25	26	27	28 (Hi 5 Team) Sparring - 6pm	29

**\*Every Friday and Saturday\*\*\*\*** Please see the front desk for details!

Friday 6pm-7:30pm (Hi5 Competition Kyoruki Training) & Saturday 1pm - 2:30pm (Hi5 Competition Poomsae Training)

**Email:** highfivetkd@gmail.com **Phone:** (916)939-1900 **Website:** www.hi5taekwondo.com