


2020

KARSTADT TAEKWON-DO

2020

Schedule Effective Sept 1, 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		8:00-9:00am CONDITIONING Strength & Fitness		8:00-9:00am CONDITIONING Strength & Fitness		8:00-9:00am CONDITIONING Strength & Fitness
1:00-4:00 SPECIALTY WORKSHOPS SELF DEFENSE PRIVATE and GROUP TRAINING	4:00-4:30 Grade 9 Yellow Stripe <small>Grade Specific Training Workshop</small>		4:00-4:30 Grade 4 Blue Belt <small>Grade Specific Training Workshop</small>	4:00-4:30 NINJA ALL STARS Star Awards <small>Turn in Achievement Papers</small>	Private Instruction 	10:00-10:30 NEW STUDENT 1st LESSON INTRO
	4:30-5:00 Grade 8 Yellow Belt <small>Grade Specific Training Workshop</small>	4:30-5:00 NINJA ALL STARS Star Awards <small>Turn in Achievement Papers</small>	4:30-5:00 Grade 3 Red Stripe <small>Grade Specific Training Workshop</small>	4:30-5:00 NINJA ALL STARS Star Awards <small>Turn in Achievement Papers</small>		10:30-11:00 Basic Training Grade 10 - White Belt <small>Grade Specific Training</small>
	5:00-5:30 Grade 7 Green Stripe <small>Grade Specific Training Workshop</small>	5:15-6:15 All Belt JUNIOR OPEN TRAINING	5:00-5:30 Grade 2 Red Belt <small>Grade Specific Training Workshop</small>	5:15-6:15 All Belt JUNIOR OPEN TRAINING		11:00-11:55 All Belt Training OPEN TRAINING
	5:30-6:00 Grade 6 Green Belt <small>Grade Specific Training Workshop</small>	6:15-7:15 All Belt ADULT OPEN TRAINING	5:30-6:00 Grade 1 Black Stripe <small>Grade Specific Training Workshop</small>	6:15-7:15 All Belt ADULT OPEN TRAINING		
	6:00-6:30 Grade 5 Blue Stripe <small>Grade Specific Training Workshop</small>	See the Mon/Wed Schedule For Belt Specific Training Techniques	6:00-6:30 BLACK BELT Technical Workshop <small>Grade Specific Training</small>	See the Mon/Wed Schedule For Belt Specific Training Techniques		
	6:30-7:00 Basic Training Grade 10 - White Belt <small>Grade Specific Training</small>		6:30-7:00 Basic Training Grade 10 - White Belt <small>Grade Specific Training</small>			



Members: Get your code for the "ZOOM" class training classes on line by joining:
KARSTADT TAEKWONDO MEMBERS
 Facebook page



PEEWEEES (4-6)	BEGINNER	INTERMEDIATE	ADVANCED	ELITE
ALL STARS	10-WHITE BELT	7-GREEN STRIPE	4-BLUE BELT	1-BLACK STRIPE
ALL STRIPES	9-YELLOW STRIPE	6-GREEN BELT	3-RED STRIPE	PRELIMINARY 1,2,3
	8-YELLOW BELT	5-BLUE STRIPE	2-RED BELT	ALL BLACK BELT

- Observe "SOCIAL DISTANCING" guidelines.
- Sanitize BEFORE and AFTER class.
- DO NOT attend class if experiencing a fever or cough.
- Arrive 5 minutes before class starts.
- Warm up while waiting for class to begin.
- Wear a clean and complete uniform to class.
- You must be in uniform to train. No exceptions.
- Karstadt TKD T-Shirts may be worn in class during warmer months.
- Students must stay on the workout floor for the entire class unless excused by the instructor.
- Advise the instructors in advance if you have an injury or need early dismissal.
- Practice and stretch at home 20 minutes every day. Ask your Instructor for training hints.
- To enter your training late, remain at the edge of the mats with your hand raised until called by the instructor. Then ask permission to enter.
- Please do not attempt to coach your child or get your child's attention during class unless it is an emergency.
- Filming is acceptable during classes.
- Class and event dates/times may be subject to change.

KARSTADT TAEKWON-DO
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Established 1986