


# KARSTADT TAEKWON-DO



MON	TUE	WED	THU	FRI	SAT
	5:15-5:45 LIL NINJAS	12:00-5:00 <i>Private Instruction</i> 30 Minutes <i>By Appointment</i> Text 620-264-2300	5:15-5:45 LIL NINJAS	12:00-5:00 <i>Private Instruction</i> 30 Minutes <i>By Appointment</i> Text 620-264-2300	10:00-10:55 ALL BELTS GROUP CLASS
6:00-6:40 ALL BELTS GROUP CLASS	6:00-6:40 ALL BELTS GROUP CLASS	↓	6:00-6:40 ALL BELTS GROUP CLASS	↓	11:00-12:00 BLACK BELT REVIEW
6:45-7:10 SPECIALTY KICKING PATTERN SELF DEFENSE	6:45-7:10 SPECIALTY KICKING PATTERN SELF DEFENSE	↓	6:45-7:10 PATTERN STEP SPARRING SPARRING DRILLS & SKILLS	↓	

## All Belts Group Class on Mon, Tue, Thu 6:00pm Patterns and Specialty Techniques 6:45

Clear a safe space for training.

Turn off your phone.

Have paper and pen for notes.

Wear clean, comfortable training clothes.

Start warm up 5minutes before session starts.

Have a towel and water nearby for hydration.

Practice at home 20 minutes every day.

Cool down stretch for 15-20 minutes.

Use this time to study your grade requirements.

Time your Push Ups, Sit Ups and Consecutive kick challenge EVERYDAY.

All 30 minute private sessions will be Wednesday & Fridays 1:00-5:00pm

**KARSTADT TAEKWON-DO**

**USA-UNIFIED TAEKWON-DO**

[www.love2kick.com](http://www.love2kick.com)

[www.usa-unifiedtaekwondo.com](http://www.usa-unifiedtaekwondo.com)

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