



# BLACK BELT

# PROGRAM SCHEDULE

**SEPTEMBER**

Sept. 1<sup>st</sup> **Tuesday** @ 4:45 & 7:30 PM  
**ROUND, HOPPING ROUND,  
360° ROUND HOUSE KICK**

Sept. 8<sup>th</sup> **Tuesday** @ 4:45 & 7:30 PM  
**FORMS REVIEW  
(ALL LEVELS)**

Sept. 15<sup>th</sup> **Tuesday** @ 4:45 & 7:30 PM  
**HO SHIN SOOL W/ MR. KIM  
(T.K.D. GRAPPLING)**

Sept. 22<sup>nd</sup> **Tuesday** @ 4:45 & 7:30 PM  
**SPARRING STEP TECHNIQUES  
(NO EQUIPMENT)**

Sept. 26<sup>th</sup> **Saturday** @ 4:00 PM  
**SIDE, TURNING SIDE, &  
JUMPING TURNING SIDE**

Sept. 29<sup>th</sup> **Tuesday** @ 4:45 & 7:30 PM  
**HOOK, WHEEL, &  
JUMPING WHEEL KICK**

**OCTOBER**

Oct. 6<sup>th</sup> **Tuesday** 4:45 & 7:30 PM  
**SPARRING COMBO KICK  
TECHNIQUES (NO EQUIPMENT)**

Oct. 10<sup>th</sup> **Saturday** @ 4:00 PM  
**FORMS REVIEW  
CHON-JI THRU CHOONG MOO  
OPEN TO ALL LEVELS**

Oct. 17<sup>th</sup> **Saturday** @ 4:00 PM  
**SIDE, HOPPING SIDE, &  
FLYING SIDE KICK**

Oct. 20<sup>th</sup> **Tuesday** 4:45 & 7:30 PM  
**FORMS REVIEW W/ MR. KIM  
OPEN TO ALL LEVELS**

Oct. 24<sup>th</sup> **Saturday** @ 4:00 PM  
**TEST REVIEW  
ALL LEVELS**

Oct. 27<sup>th</sup> **Tuesday** 4:45 & 7:30 PM  
**ONE STEPS REVIEW  
ALL LEVELS**