



U.S. TaeKwonDo Center

317 Cabot St Beverly Ma 01915 TEL:978-922-4344 www.dwustc.com



Effective Date: 8/27/18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p>Important Notes</p> <p>Only Black Belt Club & Master Quest Members are allowed to take special ClubMember classes.</p> <p>Must Participate USTC Champions League qualified candidate before take a 1st, 2nd, 3rd, 4th Dan Black Belt Testing When a Member receives a yellow belt, they can start sparring. When a Member receives a green Belt, they are required to take sparring classes.</p> <p>Green, Blue, Purple Belt Testing: It will sparring at belt testing time, Must bring their sparring gear.</p> <p>Breaking Class: Must Bring thire won board, you can buy 3 peace/ \$10</p> <p>Leadership Team: BBC, MQ only . Demo team : BBC only BBC : Black Belt Clu MQ: Master Quest Children Age 11 & under Teens Age 12 & Up Parent Coaches: They can help with their childrens' classes-ex. Holding targets, adjusting uniforms. etc. AMP: They can take BBC/MQ Sparring and Breaking class if they have sparring gear and want to improve in breaking skills.</p> <p>"You Learn from the former US National Team Coach"</p>
9:00~9:45							
11:15~12:00		Adult All Belt			Adult All Belt		
3:00~3:30		Kiddie Korp	Kiddie Korp	Kiddie Korp	AMP Physical Game		
3:30~4:15	AMP All Belt	AMP All Belt	AMP All Belt	AMP All Belt		10:00~10:30 Kiddie Korp	
4:20~5:05	Children Yellow~Purple	Children Red~ Black	Children All Beginners No Belt~ White	Children Yellow~Purple	Children White~Purple	10:30~11:15 All Children	
5:05~5:35	Children All Beginners No Belt~ White	Children All Beginners No Belt~ White	SPARRING (Strategy Class)	Children All Beginners No Belt~ White	Children Red~ Black	11:15~12:00 All Adult	
5:35~6:20	Children Red~ Black	Children Yellow~Purple	5:50~ 6:35 BB Club Only Sparring	5:05~5:50 Deputy Black Belt & All Black Belt	5:50~ 6:35 BB Club Only Sparring 11& Under	2:00~5:00 Special Class Testing, Competition Self Defense	
6:20~7:05	All Age All Belt	Black Belt Only	Breaking Class All Age All Belt	All Age All Belt	6:40~7:30 BB Club Only Sparring age 12 & Up with DWUSTC Team Sparring	2:00~3:30 Birthday Party I	
7:15~8:00	Teen & Adult	Teen & Adult	Teen & Adult	Teen & Adult		4:00~6:30 Birthday Party II	

Green Belt: Rear foot point

Blue Belt: Timning kick or Punch (Back, Turning Ki

Purple Belt: Front foot Point