

U.S. TaeKwonDo Center

30 Boston Street Lynn Ma 01904, 781-592-8100 www.dwustc.com

Effective Date: 01/01/2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00~ 9:45						
3:10~ 3:40		Kiddie Korp	Kiddie Korp	Kiddie Korp	AMP Physical Game	9:30~10:15 Teen & Adult
3:40~ 4:20	AMP All Belt	AMP All Belt	AMP All Belt	AMP All Belt		10:15~11:00 Red~Black
4:20~ 5:05	Children Orange~Purple (Curriculum)	Children No Belt White ~Yellow (Curriculum)	Children Red~ Black (Curriculum)	Children Red~ Black (Curriculum)	Children No Belt, White~Purple	11:00~11:45 White~ Purple
5:05~ 5:50	Children No Belt White ~Yellow (Curriculum)	Children Red~ Black (Curriculum)	SPARRING (Strategy Class)	Children No Belt White ~Yellow (Curriculum)	5:05~5:50 Deputy Black Belt & All Black Belt (Curriculum)	11:45~12:15 Kiddie Korp
5:50~ 6:35	Children Red~ Black (Curriculum)	Children Orange~Purple (Curriculum)	5:50~ 6:35 BB Club Only Sparring	Children Orange~Purple (Curriculum)	5:50~ 6:35 BB Club Only Sparring	1:00~4:00 Special Class Testing, Competition Self Defense
6:35~ 7:20	All Age All Belt (Work Out)	Breaking Class All Age All Belt Only	Black Belt Only (curriculum)	All Age All Belt (Work Out)	6:40~7:30 BB Club Only Sparring age 12 & Up with Olympic Level Sparring	2:00~3:30 Birthday Party I
7:20~ 8:05	Teen & Adult Red~ Black Only (Curriculum)	Teen & Adult White~Purple Only (Curriculum)	Teen & Adult All Belt (Curriculum)	Teen & Adult All Belt (Curriculum)		4:00~6:30 Birthday Party II

Important Notes

Only Black Belt Club & Master Quest Members are allowed to take special ClubMember classes.

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.

Green, Blue, Purple Belt Testing: It will sparring at belt testing time, Must bring their sparring gear.

Breaking Class: Must Bring thire won board, you can buy 3 peace/ \$10

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.

"You Learn from the former US National Team Coach"

Green Belt: Rear foot point

Blue Belt: Timning kick or Punch (Back, Turnning Kick)

Purple Belt: Front foot Point