

Blue Cottage FEBRUARY 2018 *Family Taekwondo Schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
		 Like Us on fb CMAA NEW BADEN	Key: <i>BEGINNER Belt Ranks:</i> White to Green Tip <i>INTERMEDIATE Ranks:</i> Green to Blue Belt <i>ADVANCED Ranks:</i> Red Tip to Black Belt	5pm – Beginners 5pm - Intermediate 6pm - Intermediate & Advanced	5pm - 5:55pm - ALL BELTS 5pm - 6:20pm - Advanced	10am - ALL BELTS 11am – SPARRING ALL BELTS
4	5	6	7	8	9	10
2pm – 3pm OPEN GYM <i>Sign up online</i>	5pm - 5:55pm - ALL BELTS 5pm - 6:20pm - Advanced	5pm – Beginners 5pm - Intermediate 6pm - Intermediate & Advanced	5pm - 5:55pm - ALL BELTS 5pm - 6:20pm - Advanced	5pm – Beginners 5pm - Intermediate 6pm - Intermediate & Advanced	5pm - 5:55pm - ALL BELTS 5pm - 6:20pm - Advanced	10am - ALL BELTS 11am – SPARRING ALL BELTS
11	12	13	14	15	16	17
2pm – 3pm BRING A FRIEND <i>Sign up online</i>	5pm - 5:55pm - ALL BELTS 5pm - 6:20pm - Advanced	5pm – Beginners 5pm - Intermediate 6pm - Intermediate & Advanced	5pm - 5:55pm - ALL BELTS 5pm - 6:20pm - Advanced	5pm – Beginners 5pm - Intermediate 6pm - Intermediate & Advanced	5pm - 5:55pm - ALL BELTS 5pm - 6:20pm - Advanced	BELT TESTING 9am - Beginner 10am - Intermediate 12pm - Advanced
18	19	20	21	22	23	24
2pm – 3pm DEMO TEAM <i>Sign up online</i>	5pm - 5:55pm - ALL BELTS 5pm - 6:20pm - Advanced	5pm – Beginners 5pm - Intermediate 6pm - Intermediate & Advanced	5pm - 5:55pm - ALL BELTS 6pm - 6:20pm - BELT CEREMONY	5pm – Beginners 5pm - Intermediate 6pm - Intermediate & Advanced	5pm - 5:55pm - ALL BELTS 5pm - 6:20pm - Advanced	10am - ALL BELTS 11am – SPARRING ALL BELTS
25	26	27	28	OPEN GYM ?	SPARRING ?	UNIFORM ?
2pm – 3pm BLACK BELT CLUB <i>Sign up online</i>	5pm - 5:55pm - ALL BELTS 5pm - 6:20pm - Advanced	5pm – Beginners 5pm - Intermediate 6pm - Intermediate & Advanced	5pm - 5:55pm - ALL BELTS 5pm - 6:20pm - Advanced	Sign up for Sunday OPEN GYM Email: info@chosonmaa.com Name & Date & "Sign Me Up" at least 24 hours prior	<i>Sparring classes:</i> Must have complete approved sparring gear to participate. <i>"INCLUDING MOUTH PIECE"</i>	<i>Uniform:</i> Must have complete approved CMAA Uniform to participate in classes & Testing. WHITE tank tops may be worn under the Dobok.