

## SANGROCK INTERNATIONAL TAE KWON-DO

Schedule beginning November 1, 2003 M-F 11:00 am - 9:00 pm Sat. 10:00 am - 2:30 pm 704-814-9966 343 West John Street Matthews, NC www.sangrock.com

11:50	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	STUDENT COMMITMENTS
12:00   All Belts   Open   All Belts   12 & up   Practice   & up	11:00	Open		Open	Open	Open	9:30-10:30	I will be loyal to my country.
12:50   12 & up   Practice   Practice   Ru by   Practice   12 & up   Practice   P	11:50	Practice	Practice	Practice	Practice	Practice		
12.50   12 & up	12:00	All Belts	Open	All Belts 12	Open	All Belts		
1:00   Open								
1:45		·		· ·				
After School Care    12:30-1:20   Black Belt								
3:15   After School Care   T2:30-1:20   Black Belt		Practice	Practice	Practice	Practice	Practice	All 12 & Up	
3:15 Open Practice Pr		After School Care						
3:15 Open 4:00 Practice Practi	3.13							
3.15   Open   Practice   Practi							1.30 - 2.30	
4:00 Little Ninjas Little Ninjas Little Ninjas Little Ninjas Ages 5 & 6 Ages 3 & 4 Ages 5 & 6 Ages 5 & 6 Ages 5 & 6 Ages 5 & 6 Ages 7 & 12 Age 7 - 12 Age		•	•	•		•		
4:45 Age 5 & 6 Age 3 & 4 Age 7 - 12  4:45 Age 7 - 12 White/Yellow Green Black Green Black Green Black Green White Belt White Be	4:00	Practice	Practice	Practice	Practice	Practice		10. I will always finish what I start.
4:45 Age 5 & 6 Ages 3 & 4 Ages 5 & 6 Ages 3 & 4 Ages 5 & 6 Ages 3 & 4 Ages 5 & 6 Ages 3 & 4 Age 7 - 12  4:45 Age 7 - 12 Age 7 - 12 White/Yellow Green Black Green	4:00	Little Ninjas	Little Ninjas	Little Ninjas	Little Ninjas	All		
Age 7 - 12   Age 7 - 12   Blue/Red   Black   White/Yellow   Green   Green   Green   White/Yellow   Green   Green   Green   White Belt	4:45	Ages 5 & 6	Ages 3 & 4	Ages 5 & 6	Ages 3 & 4	White Belt		
Ail   Color Belt   Ferseverance   Self Control   Indomitable Spirit				-	Age 7 – 12			•
5:30 Green Black Green G	1.15					ΔΙΙ		
Size   Green   Black   Green   Up)					•			
5:30 White Belt Class.  Open Practice: Not a structured class.  Demo Students may attend lower ranking classes.  Leadership: Deputy Black Belt & up required. (see chart next to card holder.)  Eli' Dragons: Class designed for toddlers ages 3-5  Little Ninjas: Classes for 5 & 6 year olds  Breaking Techniques Training Techniques And above only (lower color belts must have 2 recommendations to attend one from their	0.00	Green	Black	Green	,	COICI DOIC		
6:20 Vellow Blue Yellow Blue Green Red/Black Green Red/Black 7:10 Blue Yellow Blue Yellow Blue Yellow Blue Red/Black 8:00 Red/Black Green Training  8:00 Red/Black Green Red/Black Green Red/Black Green Training  Ho Sin Sool/ Knife Self- Defense/ Falling Techniques Training Training Techniques  8:00 Red/Black Green Red/Black Green Red/Black Green Training Training Training Training Training Training Training Techniques Training Training Training Techniques Training Training Techniques Training Training Techniques Training Training Techniques Training Training Training Techniques Training Training Training Training Training Techniques Training Training Training Training Training Techniques Training Trai	<b>5.00</b>				Up)			·
6:20 Yellow Green Red/Black Green Red/Black 7:10 Blue Yellow Blue Yellow Blue Yellow Blue Red/Black 7:10 Blue Yellow Blue Yellow Red/Black Green Red/Black Green Red/Black Green Team  Ho Sin Sool/ Knife Self-Defense/ Falling Techniques  Sparring/ Officiating Training  Poomse Training  Poomse Blue Yellow Blue Yellow Green Team Training  Breaking Techniques  To review past requirement, high ranking students may attend lower ranking classes.  Leadership: Deputy Black Belt & up required. (see chart next to card holder.)  Lil' Dragons: Class designed for toddlers ages 3-5  Little Ninjas: Classes for 5 & 6 year olds  8:00 Classes: Classes are open to Red Belt and above only (lower color belts must have 2 recommendations to attend one from their		White Belt	White Belt	White Belt	White Belt	White Belt		
7:10 Green Red/Black Green Red/Black 7:10 Blue Yellow Blue Red/Black Green Red/Black 8:00 Red/Black Green Red/Black Green Red/Black Green  Ho Sin Sool/ Knife Self- Defense/ Falling Techniques  Sparring/ Officiating Techniques  Red/Black Green Red/Black Green Pellow Green Team Training  Poomse Demo Team Training  Breaking Techniques  Poomse Techniques  Poomse Demo Team Training  Breaking Techniques  Poomse Demo Team Training  Breaking Techniques  Poomse Techniques  Sparring/ Officiating Techniques  Poomse Training Techniques  Poomse Techniques		Vallau	Dlue	Valley	Dlue			
7:10 Blue Yellow Blue Yellow Green Ped/Black Green Pomo Team 8:00 Red/Black Green Red/Black Green Training  Ho Sin Sool/ Knife Self- Defense/ Falling Techniques Techniques  8:00 Red/Black Green Red/Black Green Pomse Training  Pomse Demo Team Training  Pomse Demo Team Training  Breaking Techniques  Pomse Demo Team Training  Breaking Techniques  Pomse Demo Team Training  Pomse Sparring/ Officiating Techniques  Pomse Training  Po								
8:00 Red/Black Green Red/Black Green Team Training Ho Sin Sool/ Knife Self- Defense/ Falling Techniques Techniques  Red/Black Green Red/Black Green Team Training Techniques Techniques Techniques						_		,
8:00 8:50 Ho Sin Sool/ Knife Self- Defense/ Falling Techniques Techniques  8:00 8:50 Techniques  8:00 Breaking Techniques  8:00 Classes: Classes for 5 & 6 year olds  8:00 Classes: Classes are open to Red Belt and above only (lower color belts must have 2 recommendations to attend one from their								
8:00 8:50  Ho Sin Sool/ Knife Self- Defense/ Falling Techniques  Sparring/ Officiating Training  Poomse  Poomse  Poomse  Poomse  Poomse  Breaking Techniques  Techniques  Sparring/ Officiating Techniques  Breaking Techniques  Techniques  Sparring/ Officiating Techniques  Training  Breaking Techniques  Training  Techniques  Training  Poomse  Poomse  Poomse  Poomse  Breaking Techniques  Techniques  Techniques	8.00	Red/Black	Green	Red/Black	Green	i		,
8:00 8:50 Knife Self-Defense/Falling Techniques Training Techniques  Knife Self-Defense/Falling Techniques Falling Techniques Training Techniques  Reaking Techniques Training Techniques  Breaking Techniques Techniques  Breaking Techniques Techniques Techniques  Breaking Techniques Techniques Techniques  Breaking Techniques Techn		Ho Sin Sool/				Training		
8:00   Defense/ Falling   Training   Poomse   Poomse   Training   Techniques   Tech						_		
Falling   Officiating   Training   Techniques   Technique			, ,		Poomse			•
Techniques recommendations to attend one from their	8:50		Officiating	Training	1 0011136	Techniques		
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