



Black Belt World

Wesley Chapel

(704) 821-0829
Sangrock.com
Student Commitments

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
12:00 1:00	Home school All Levels	Meeting	Home school All Levels	Meeting	11:00-1:00 Meeting	9:00-9:45 Little Phoenix		
2:30 3:15	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12		9:00– 10:00 SIECT Poomse Team Practice At Charlotte		
3:15 4:00	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	Beginner/ Intermediate/ Advance Ages 6-12	9:45-10:30 All Levels Ages 6-12		
4:00 4:45	Weapon	Little Phoenix Ages 3-4	Super Phoenix Age 5-6	Little Phoenix Ages 3-4	Beginner/ Intermediate/ Advance	10:30-11:30 All Levels Age 13 & up		
4:50 5:40	Intermediate/	Advance	Intermediate/	Beginner	Advance Club <ul style="list-style-type: none">• Poomse• Knife Self Defense• Sparring	11am--2pm Black Belt Prep Class At Wesley		
5:45 6:30	Little Phoenix Ages 3-4 Beginner	Super Phoenix Age 5-6 Intermediate	Little Phoenix Ages 3-4 Beginner	Super Phoenix Age 5-6 Advance Intermediate		2:00– 4:00 SIECT Sparring Team Practice At Wesley		
6:30 7:20	Advance	Beginner	Advance	Weapon	6:30-8:30 Demo Team Practice	<u>School Hours</u> Mon. 11-8:30 Tue. 12-8:30 Wed.11-8:30 Thurs. 12-8:30 Friday 1-6:30		
6:30 8:00	SIECT Sparring Team Practice	SIECT Demo Team Practice	SIECT Sparring Team Practice					
Beginner : White , High White, Yellow, High Yellow Intermediate : Green, High Green, Blue, High Blue Advance: Red, High Red, Deputy Black, Black Testing is usually the first Satuday of the month				Weekly Focus Schedule				
				Adult				
				Week 1	Poomse All Belt	Week 2	Self-Defense (Gear Required)	Saturday 9:00-11:30
				Week 3	Sparring (Gear Required)	Week 4	Knowledge and Breaking	
				Week 1 usually starts the first Monday of the month. For months that have five weeks, the fifth is Review Week.				

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