

# New Class Schedule & Curriculum

Effective as of February 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12noon 12:45</b>		<b>Basic Adult (all rank)</b> Basics #1,2 Forms Sparring		<b>Basic Adult (all rank)</b> Basics #3,4 Il Bo Daeryun Hoshinsul	<b>Jr. TGT</b> 4:15 – 5pm  <b>Fight Night</b> (Jr. & Adult) Supervised Open Workout 5 – 7pm	<b>Family Class</b> 10:15am – 11:00am  <b>Weapon Fighting</b> (Jr. & Adult) Bongtoogi (Stick) 11am – 12pm Gumtoogi (Sword) 12pm – 1pm  <b>Sparring &amp; Forms (Adult)</b> 1 – 1:45pm  <b>Adult TGT</b> 2 – 2:45pm
<b>12:45pm 1:00pm</b>		<b>Warrior's Path</b> Weaponry Add. Sparring		<b>Warrior's Path</b> Grappling – Takedowns & Submissions		
<b>4:15pm 5:00pm</b>		<b>Little Tigers (All Ranks)</b> Basics #1, 2 Martial Games		<b>Little Tigers (All Ranks)</b> Basics #3, 4 Sparring		
<b>4:00pm 5:00pm</b>	<b>HRD Jr.</b> Basics #1~ 4 Techniques Weaponry Sparring		<b>HRD Jr.</b> Basics #5~ 8 Techniques Forms Grappling			
<b>5:00pm 5:45pm</b>	<b>Basic Jr. BBC</b> Basics #1,2 Forms Sparring	<b>Basic Jr. Beg. GBP</b> Basics #1,2 Forms Sparring	<b>Basic Jr. BBC</b> Basics #3,4 Il Bo Daeryun Hoshinsul	<b>Basic Jr. Beg. GBP</b> Basics #3,4 Il Bo Daeryun Kicking Tests		
<b>5:45pm 6:00pm</b>	<b>Warrior's Path Jr. BBC</b> Weaponry Add. Sparring	<b>Warrior's Path Jr. GBP</b> Weaponry Add. Sparring	<b>Warrior's Path Jr. BBC</b> Grappling – Takedowns & Submissions	<b>Warrior's Path Jr. GBP</b> Grappling - positioning		
<b>6:00pm 6:45pm</b>	<b>Basic Adult BBC</b> Basics #1,2 Forms Sparring	<b>Basic Adult GBP</b> Basics #1,2 Forms Sparring	<b>Basic Adult BBC</b> Basics #3,4 Il Bo Daeryun Hoshinsul	<b>Basic Adult GBP</b> Basics #3,4 Il Bo Daeryun Kicking Tests	<b>Basic Training</b> <b>Mon. &amp; Tues.</b> Basics 1 & 2 Forms & Sparring  <b>Wed. &amp; Thurs.</b> Basics 3 & 4 Il Bo Dae Ryun & Hoshinsul  <b>Warriors' Path</b> <b>Mon. &amp; Tues.</b> Weaponry  <b>Wed. &amp; Thurs.</b> Grappling  <b>Hwa Rang Do</b> <b>Monday</b> Basics 1 ~ 4 Hoshinsul Form, Weapon & Sparring  <b>Wednesday</b> Basics 5 ~ 8 Hoshinsul & Grappling	
<b>6:45pm 7:00pm</b>	<b>Warrior's Path Adult BBC</b> Weaponry Add. Sparring	<b>Warrior's Path Adult GBP</b> Weaponry Add. Sparring	<b>Warrior's Path Adult BBC</b> Grappling – Takedowns & Submissions	<b>Warrior's Path Adult GBP</b> Grappling - positioning		
<b>7:00pm 7:45pm</b>		<b>Basic Adult (all ranks)</b> Basics #1,2 Forms Sparring		<b>Basic Adult (all ranks)</b> Basics #3,4 Il Bo Daeryun Hoshinsul		
<b>7:45pm 8:00pm</b>		<b>Warrior's Path</b> Weaponry Add. Sparring		<b>Warrior's Path</b> Grappling – Takedowns & Submissions		
<b>7:00pm 8:15pm</b>	<b>HRD Adult</b> Basics #1~ 4 Techniques Forms (Open- hand & Weapons) Sparring		<b>HRD Adult</b> Basics #5~ 8 Techniques Grappling			
<b>8:15pm 9:00pm</b>		<b>Fighting Fit</b>		<b>Fighting Fit</b>		

