



Seung-ri Black Belt Academy

CREATING TOMORROW'S LEADER'S TODAY!

Summer & Fall Schedule Effective July 12th 2010

	Monday	Tuesday	Wednesday	Thursday	Saturday
Tiny Tigers	All Ranks 3:15 - 3:45 BBT 3:45 - 4:05	All Rank 3:15 - 3:45 BBT 3:45 - 4:05	All Ranks 3:15 - 3:45 BBT 3:45 - 4:05	All Ranks 3:15 - 3:45 BBT 3:45 - 4:05	9:30 - 10:00
K4K Basic	4:15 - 5:00	4:15 - 5:00	4:15 - 5:00	4:15 - 5:00	10:00 - 10:45
K4K BBT	5:00 - 5:30	5:00 - 5:30	5:00 - 5:30	K4K Leadership 5:00 - 5:30	
Inter - Adv	5:30 - 6:30	5:30 - 6:30	5:30 - 6:30	5:30 - 6:30	
Adult/Teen	6:30 - 7:30	6:30 - 7:30	Black Belts 6:30 - 7:30	6:30 - 7:30	11:00 - 12:00
Adult/Teen BBT	7:30 - 8:00	7:30 - 8:00		7:30 - 8:00	
Leadership				8:00 - 9:00	

Legend:

BBT = Black Belt Training

Inter-Adv = Camo through Red Belt

Testing Dates 2010	Friday Aug 27th Friday Oct 22nd Friday Dec 17th	#2 2355 King George Blvd. Info@WhiteRockMA.com www.WhiteRockMA.com	Testing Dates 2011	Friday Feb. 25th Thursday April 21st Friday June 17th
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OCTOBER 30, 2010 JOURNEY TO EXCELLENCE REGIONAL TOURNAMENT

604-710-4162

778-294-1387

Schedule subject to change