

Seung-ri Black Belt Academy

Awareness, Assessment, Action

Spring & Summer Schedule Effective March 2nd 2009

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|---|--|--|--------------------------------|-------------------------------------|---|
| Tiny Tigers | All Ranks 3:15 - 3:45 BBT 3:45 - 4:00 | | All Ranks 3:15 - 3:45 BBT 3:45 - 4:00 | | | 9:30 - 10:00 BBT 10:00 - 10:15 |
| K4K Basic | 4:00 - 4:45 | 3:15 - 4:00 | 4:00 - 4:45 | 3:15 - 4:00 | X M A 4:30 - 5:25 | |
| Colour Belt Leaders | | 5:30 - 6:00 | | 5:30 - 6:00 | All Rank Junior Leaders 5:30 - 6:30 | |
| Inter - Adv | Camo - Red/Blk 4:45 - 5:45 | Camo - Red/Blk 4:30 - 5:30 | Camo - Red/Blk 4:45 - 5:45 | Camo - Red/Blk 4:30 - 5:30 | | Open Training 10:15 - 11:00 |
| Black Belt J.T.I. | 5:45 - 6:15 | | 5:45 - 6:15 | | | |
| Family | Family Training 6:00 - 6:55 | Family Training 6:00 - 6:55 | Family Training 6:00 - 6:55 | Family Training 6:00 - 6:55 | | |
| Black Belt | 7:00 - 7:55 | | 7:00 - 7:55 | | | |
| Adult Teen | 8:00 - 8:55 | 7:30 - 8:25 | 8:00 - 8:55 | | | 11:00 - 12:00 |
| Specialty | | Sparring 4:00 - 4:30 | | Protech 4:00 - 4:30 | Competition Sparring 6:30 - 7:25 | |
| Classes | | Protech 7:00 - 7:30 | | Sparring 7:00 - 7:30 | Demo Team 7:30 - 8:30 PM | |
| Leadership | | | | C.I.T. 7:30 - 8:25 | | |
| Testing Dates 2009 | Friday Feb. 27th Friday April 24th Friday June 19th | 1430 Johnston Road, White Rock BlackBeltInfo@Shaw.ca www.KarateForKids.ca | | | Testing Dates 2009 | Friday Aug 28th Friday Oct 23rd Friday Dec 18th |
| 604-531-4881 | | | | | | |
| Schedule subject to change | | | | | | |