

# Seung-ri Black Belt Academy

*Awareness, Assessment, Action*

## Winter Schedule 2010

	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 5:00 - 6:00	
Colour Belt Leaders		5:30 - 6:00		5:30 - 6:00	All Rank Junior Leaders 6:00 - 7:00	
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 7:00 - 8:00	
Classes		Protech 7:00 - 7:30		Sparring 7:00 - 7:30	Leadership Dev 8:0 - 9:00 PM	
Leadership				C.I.T. 7:30 - 8:25		
Testing Dates 2010	Friday February 26th Friday April 23rd Friday June 18th	1430 Johnston Road, White Rock <a href="mailto:BlackBeltInfo@Shaw.ca">BlackBeltInfo@Shaw.ca</a> <a href="http://www.KarateForKids.ca">www.KarateForKids.ca</a>			Testing Dates 2010	Friday August 27th Friday October 22nd Friday Dec 17th
<b>604-531-4881</b>						
Schedule subject to change						