



AUGUST ACTIVITIES
EVERY TUESDAY TAE-BO CLASS

| Date | Time | Activity |
|---------------------------------|---|--|
| Sat. Aug 1 st | 12:00- 4:00 | Black Belt Testing Master Cairns 5 th Kukkiwon Test |
| Tue. Aug 4 th | 5:00- 6:00 6:00- 7:00 7:00- 8:00 8:00-8:45 | WTF Forms Tae-Bo Grappling / Tapout/ Hapkido Black Belt and Adult Class |
| Fri. Aug 7th | 6:00- 7:30 7:00- 8:30 | Team CH'ANG-HON'' Team OLYMPIC |
| Sat. Aug 8 th | 10:00-12:00 1:00 - 3:00 | COLOR BELT TESTING Daedo True Score Electronic Hogu Training |
| Tue. Aug 11 th | 5:00- 6:00 6:00- 7:00 7:00- 8:00 8:00-8:45 | WTF Forms Tae-Bo Grappling /Tapout / Hapkido Black Belt and Adult Class |
| Wed. Aug 12 th | 6:00- 7:00 7:00- 8:30 | WTF FORMS Team Olympic outside Training |
| Fri. Aug 14th | 6:00pm 9:00pm | SCHOOL CLOSED SET UP FOR SATURDAY'S PICNIC |
| Sat. Aug 15 th | 2:00-12:00 | DE JESUS TAEKWONDO PICNIC |
| Tue. Aug 18 th | 5:00- 6:00 6:00- 7:00 7:00- 8:00 8:00-8:45 | WTF Forms Tae-Bo Grappling / Tapout/ Hapkido Black Belt and Adult Class |
| Fri. Aug 21 st | 6:00-7:00 7:00- 8:00 | Team CH'ANG-HON'' Team OLYMPIC |
| Tue. Aug 25 th | 5:00- 6:00 6:00- 7:00 7:00- 8:00 | WTF Forms Tae-Bo Grappling / Tapout/ Hapkido |
| Wed. Aug 26 th | 6:00-7:00 7:00-8:00 | Team CH'ANG-HON'' Team OLYMPIC |
| Fri. Aug 28 th | 6:00-7:00 7:00- 8:00 | Team CH'ANG-HON'' Team OLYMPIC |

“Home of Team OLYMPIC & Team CH'ANG-HON”