

# York Area Taekwondo Academy

Traditional Korean Taekwondo

Focus · Control · Power

(Branch School of the *Harrisburg Institute of Tae Kwon Do, Inc.*)

www.yorktkd.com

Hard Kohr Sports & Fitness

2810 E. Prospect Road

York, PA 17402

717.395.3044

## July 2010 Evening Schedule – “Tiny Tigers”, Juniors and Adults

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Student Group	Class Focus Sparring Basics		Class Focus <i>Poomse</i> <i>Hapkido</i>		Class Focus <i>Poomse</i> <i>Hapkido</i>		
					1	2	3
"Tiny Tigers"					5:15 - 6:00 PM		
Beginner class					6:00 - 6:45 PM		
Advanced class					6:45 - 7:30 PM		
	4	5	6	7	8	9	10
"Tiny Tigers"	Closed		5:15 - 6:00 PM		5:15 - 6:00 PM		
Beginner class	Holiday		6:00 - 6:45 PM		6:00 - 6:45 PM		
Advanced class	Weekend		6:45 - 7:30 PM		6:45 - 7:30 PM		
	11	12	13	14	15	16	17
"Tiny Tigers"		Guardian	5:15 - 6:00 PM		5:15 - 6:00 PM		
Beginner class	5:00 - 6:00 PM	Angels class	6:00 - 6:45 PM		6:00 - 6:45 PM		
Advanced class	6:00 - 7:00 PM	6:30 - 8:00 PM	6:45 - 7:30 PM		6:45 - 7:30 PM		
	18	19	20	21	22	23	24
"Tiny Tigers"			Closed		5:15 - 6:00 PM		
Beginner class	5:00 - 6:00 PM		Training		6:00 - 6:45 PM		
Advanced class	6:00 - 7:00 PM		in Harrisburg		6:45 - 7:30 PM		
	25	26	27	28	29	30	31
"Tiny Tigers"	Closed		5:15 - 6:00 PM		5:15 - 6:00 PM		
Beginner class	TKD		6:00 - 6:45 PM		6:00 - 6:45 PM		
Advanced class	Competition Expo Center		6:45 - 7:30 PM		6:45 - 7:30 PM		

All classes are held on Sundays, Tuesdays and Thursdays in a **Downstairs Racquetball Court**.

"Tiny Tiger" students (for 3 ½ to 5 years-olds)

Beginner students (White, Orange, Yellow, High Yellow, and Green belts: 10<sup>th</sup> – 6<sup>th</sup> Gup)

Advanced students (High Green belt and above: 5<sup>th</sup> Gup and above)

### SPECIAL NOTES

**Safety first! When practicing with partners, please apply all techniques with control.  
Always remember your sparring gear for training.**

### Tenets of Taekwondo

Courtesy · Integrity · Self-Control · Perseverance · Indomitable Spirit