

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

March 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	4	5	6
"Tiny Tigers"			5:15 - 6:00 PM		5:15 - 6:00 PM		
Beginner class			6:00 – 6:45 PM		6:00 – 6:45 PM		
Advanced class			6:45 – 7:30 PM		6:45 – 7:30 PM		
	7	8	9	10	11	12	13
"Tiny Tigers"			5:15 - 6:00 PM		5:15 - 6:00 PM		
Beginner class	5:00 – 6:00 PM		6:00 – 6:45 PM		6:00 – 6:45 PM		
Advanced class	6:00 – 7:00 PM		6:45 – 7:30 PM		Closed		
	14	15	16	17	18	19	20
"Tiny Tigers"			Closed (Training (in Harrisburg)		5:15 - 6:00 PM		
Beginner class	5:00 - 6:00 PM				6:00 – 6:45 PM		
Advanced class	6:00 – 7:00 PM				6:45 – 7:30 PM		
	21	22	23	24	25	26	27
"Tiny Tigers"			5:15 - 6:00 PM		5:15 - 6:00 PM		
Beginner class	5:00 – 6:00 PM		6:00 – 6:45 PM		6:00 – 6:45 PM		
Advanced class	6:00 – 7:00 PM		6:45 – 7:30 PM		6:45 – 7:30 PM		
	28	29	30	31			
"Tiny Tigers"	Closed TKD Competition (York Expo Center)		5:15 - 6:00 PM				
Beginner class			6:00 – 6:45 PM				
Advanced class			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: 10th – 6th Gup)

Advanced students (High Green belt and above: 5th Gup and above)

SPECIAL NOTES

Safety first! When practicing with partners, please apply all techniques with control.

Tenets of Taekwondo

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