



ELITE TAEKWONDO

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Edmonton, Alberta

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Effective January 1/2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 - 1:00 Adult Open	12:00 - 1:00 BRAZILIAN JIU JITSU	12:00 - 1:00 Adult Open	12:00 - 1:00 BRAZILIAN JIU JITSU		

5:30 - 6:00 Lil Dragons (1)	5:00 - 6:00 <i>Children Advanced</i>	5:30 - 6:00 Lil Dragons(1)	5:00 - 6:00 <i>Children Advanced</i>		10:00-11:00 <i>Black Belt & Black Stripe Practice</i>
6:00 - 6:30 Lil Dragons(2)	5:30 - 6:00 Lil Dragons(A)	6:00 - 6:30 Lil Dragons(2)	5:30 - 6:00 Lil Dragons(A)		11:00 - 12:00 CHILDREN OPEN
5:30-6:30 Children Beginner	6:00 - 7:00 <i>Jr Grapplers</i>	5:30-6:30 Children Beginner	6:00 - 7:00 <i>Jr Grapplers</i>		
6:30-7:30 <i>Children Advanced</i>	6:00 - 7:00 Children Beginner	6:30-7:30 <i>Children Advanced</i>	6:00 - 7:00 Children Beginner		
6:30-7:30 Competition Team	7:00 - 8:00 ADULT/JR OPEN	6:30-7:30 Competition Team	7:00 - 8:00 ADULT/JR OPEN	7:00-8:00 Black Belt & <i>Black Stripe Poomsae</i>	12:00 - 1:00 ADULT OPEN
7:30-8:30 ADULT/JR Open	8:00 - 9:30 BRAZILIAN JIU JITSU	7:30-8:30 ADULT/JR Open	8:00 - 9:30 BRAZILIAN JIU JITSU	8:00 - 9:30 BRAZILIAN JIU JITSU	1:00 - 2:00 <i>Dynamic Kicking</i>
8:30-9:00 <i>Open Training</i>		8:30-9:00 <i>Open Training</i>			

A - Promotion Preparation

B - Kicking Training

C - Pattern & Basic Movements

D - Sparring Techniques

E - Self-Defense/Falling Techniques

F - Long Stretch, Breaking Technique & Target Sparring

* Open- All Belts

* Beginners- White to Green-Stripes

* Advanced - Green to Black Belts

* Jr Grapplers - 8 to 13 yrs

* BJJ - 13yrs and up

*Adult/Jr Open - 13yr and up

Instructor Reserves the right to change scheduled classes to meet students' needs.