



# 2024 APRIL DUNDAS NEWSLETTER



SUN	MON	TUE	WED	THUR	FRI	SAT								
<table border="1"> <tr><td colspan="2">Self Defense</td></tr> <tr><td>Pattern</td><td>Sparring</td></tr> <tr><td>B-Kick</td><td>B-Hand</td></tr> <tr><td>A-Basic</td><td>B-Punch</td></tr> </table>	Self Defense		Pattern	Sparring	B-Kick	B-Hand	A-Basic	B-Punch	1	2	3	4	5	6 BB Seminar #2
Self Defense														
Pattern	Sparring													
B-Kick	B-Hand													
A-Basic	B-Punch													
	SCHOOL OPEN													
	[Colorful bar]													
7	8	9	10	11	12	13 BB Seminar #3								
	KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)													
14	15	16	17	18	19	20 BB Seminar #4 21 <sup>st</sup> BB Testing								
	[Colorful bar]													
21	22	23	24	25	26	27 129 <sup>th</sup> Colour Belt Test								
	Stripe Week / Testing Review Week													
28	29 129 <sup>th</sup> Belt Presentation	30	1	2	3	4								
	[Colorful bar]													

## SPARRING WEEK

MON, APR 8 – SAT, APR 13

\*Green st & Up, Must Bring Gears

## 21<sup>ST</sup> BLACK BELT TESTING

SATURDAY, APR 20

3:30 PM – 6:30 PM

\* All candidates must attend seminars

\* Everyone is welcome to watch

## 2024 SON'S PREMIER TAEKWONDO CHAMPIONSHIPS

SATURDAY, MAY 11

\* AGE 6 & UP , GREEN ST & UP ONLY

\* Plz Discuss with Master Lee

## 129<sup>th</sup> COLOUR BET TESTING

TEENS & ADULTS

FRI, APR 26 @ 8:30 PM

TIGER TOTS

SAT, APR 27 @ 2:15 PM

Jr. WHITE - YELLOW

SAT, APR 27 @ 3 PM

Jr. GREEN ST – GREEN

SAT, APR 27 @ 4 PM

Jr. BLUE ST & UP

SAT, APR 27 @ 5 PM

## 129<sup>th</sup> BELT PRESENTATION

MONDAY, ARP 29

5:45 PM – 7:15 PM

\* New Belt, Student Awards, & Pizza Party

\* Wear a full uniform and current Belt

\* **NO. Jr Yellow & UP, Teens & Adults Class**



# 2024 APRIL DUNDAS NEWSLETTER



SUN	MON	TUE	WED	THUR	FRI	SAT	
Self Defense 1	SCHOOL OPEN	2	3	4	5	6 BB Seminar #2	
Pattern Sparring B-Kick B-Hand A-Basic B-Punch							
7		8	9	10	11	12	13 BB Seminar #3
KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)							
14	15	16	17	18	19	20 BB Seminar #4 21 <sup>st</sup> BB Testing	
21	22	23	24	25	26	27 129 <sup>th</sup> Colour Belt Test	
Stripe Week / Testing Review Week							
28	29 129 <sup>th</sup> Belt Presentation	30	1	2	3	4	

## SPARRING WEEK

**MON, APR 8 – SAT, APR 13**

\*Green st & Up, Must Bring Gears

## 21<sup>ST</sup> BLACK BELT TESTING

**SATURDAY, APR 20**

**3:30 PM – 6:30 PM**

- \* All candidates must attend seminars
- \* Everyone is welcome to watch

## 2024 SON'S PREMIER TAEKWONDO CHAMPIONSHIPS

**SATURDAY, MAY 11**

- \* AGE 6 & UP , GREEN ST & UP ONLY
- \* Plz Discuss with Master Lee

## 129<sup>th</sup> COLOUR BET TESTING

TEENS & ADULTS FRI, APR 26 @ 8:30 PM

TIGER TOTS SAT, APR 27 @ 2:15 PM

Jr. WHITE - YELLOW SAT, APR 27 @ 3 PM

Jr. GREEN ST – GREEN SAT, APR 27 @ 4 PM

Jr. BLUE ST & UP SAT, APR 27 @ 5 PM

## 129<sup>th</sup> BELT PRESENTATION

**MONDAY, ARP 29**

**5:45 PM – 7:15 PM**

- \* New Belt, Student Awards, & Pizza Party
- \* Wear a full uniform and current Belt
- \* **NO. Jr Yellow & UP, Teens & Adults Class**

# 2024 MARCH

## DUNDAS NEWSLETTER



SUN	MON	TUE	WED	THUR	FRI	SAT
<b>Self Defense</b> <b>Pattern Sparring</b> <b>B-Kick B-Hand</b> <b>A-Basic B-Punch</b>	26	27	28	29	1	2
<b>KICKING (White to Yellow) &amp; SPARRING WEEK (Green str. and up)</b>						
3	4	5	6	7	8	9 Buddy Night
10	11	12	13	14	15	16 128 <sup>th</sup> Colour Belt Test
<b>March Camp</b> <b>Stripe Week / Testing Review Week</b>						
17	18 128 <sup>th</sup> Belt Presentation (New Schedule Starts!)	19	20	21	22	23 BB Seminar #1
24 31	25	26	27	28 Easter Egg Hunt	29 Good Friday - SCHOOL CLOSED -	30
<b>KICKING (White to Yellow) &amp; SPARRING WEEK (Green str. and up)</b>						

### SCHOOL CLOSED

March 29, 2024  
**GOOD FRIDAY**

Have a good and safe holiday  
*There is no makeup class for the holiday school closure.*

### SPARRING WEEK

MON, Mar 25 – SAT, Mar 30

*Dynamic Taekwondo*

### IMPORTANT NOTICE

## SCHEDULE CHANGES

### EFFECTIVE, MAR 18

Please reserve your class through 'Zen Planner App'

### 2024 SUMMER CAMP

**EARLY BIRD 10% OFF!** ENDS FEB 22

WEEK 01: JUL 5 – JUL 12    WEEK 02: JUL 19 – AUG 5  
 WEEK 03: JUL 26 – AUG 1    WEEK 04: AUG 12 – AUG 18  
 WEEK 05: AUG 25 – AUG 31

Full Day Camp 8:30 am - 4 pm

ACTIVITIES:  
 • Taekwondo  
 • Field Trips  
 • Mini-Workshop  
 • Belt Profiling  
 • Stranger Danger  
 • Arts & Crafts  
 • Fun Games  
 • Daily Incentive  
 • Test Preparation

FOR MORE INFO: 905-277-8425 | info@canadatkd.com

### 128<sup>th</sup> DYNAMIC TKD COLOUR BELT TESTING (DUNDAS LOCATION)

TESTING DATE: **SAT, MARCH 16, 2024**

TESTING SCHEDULE:

Tiger Tots	1:30 PM
JR. White – Yellow	2:15 PM
JR. Green St - Green	3:15 PM
JR. Blue St and up	4:15 PM
Teens & Adults	5:15 PM

\* PLEASE WEAR A FULL UNIFORM AND A BELT.  
 \* GREEN ST & UP MUST BRING SPARRING GEAR.

### DUNDAS LOCATION 128<sup>th</sup> Dynamic TKD BELT PRESENTATION

MONDAY, Mar 18, 2024  
5:45-7:15 PM

Bring your family and best friends to introduce them to your class and show them your achievements as you receive your brand-new belt. Make your friends proud and look up to you! We will have a pizza party after the belt presentation!

**There will be NO JR. YELLOW&UP and Teens& Adults CLASSES!**  
*We will only have Tiger tots Jr White-Yellow st*

### BUDDY NIGHT

SAT, MARCH 9  
5 PM - 7:30 PM

PRE-REGISTER BY FRIDAY, MAR 8.  
 FOR AGE 6+ ONLY.  
 \$20 PER CHILD.  
 \*15 MIN VISITING NON-MEMBER FRIENDS ARE FREE!

PLEASE VISIT THE FRONT DESK TO REGISTER

### Easter Egg Hunt

Date: Thursday, Mar 28  
 Time: Your Class Time  
 Who: All our members + Friends  
 \*Please reserve your class as usual!

In case of **HEAVY SNOW**, our school may **CLOSE** for safety reasons. Please stay informed by checking for updates on **FACEBOOK, INSTAGRAM, DYNAMIC TKD APP** and **EMAIL**.





# 2024 FEBRUARY

## DUNDAS NEWSLETTER

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>Self Defense</b> <b>Pattern Sparring</b> <b>B-Kick B-Hand</b> <b>A-Basic B-Punch</b>	29	30	31	1	2	3 127 <sup>th</sup> Colour Belt Test
<b>Stripe Week / Testing Review Week</b>						
4	5 127 <sup>th</sup> Belt Presentation	6	7	8	9	10 Photo Day
11	12	13	14	15	16	17
<b>KICKING (White to Yellow) &amp; SPARRING WEEK (Green str. and up)</b>						
18	19 FAMILY DAY - SCHOOL CLOSED -	20	21	22	23	24
25	26	27	28	29	1	2
<b>KICKING (White to Yellow) &amp; SPARRING WEEK (Green str. and up)</b>						

### SCHOOL CLOSED

Monday, February 19  
**FAMILY DAY**

Have a good and safe holiday

*There is no makeup class for the holiday school closure*

### SPARRING WEEK

MON, Feb 12 – SAT, Feb 17

*Dynamic TKD*

### SPARRING WEEK

MON, Feb 26 – SAT, Mar 2

*Dynamic TKD*

### 127<sup>th</sup> DYNAMIC TKD COLOUR BELT TESTING (DUNDAS LOCATION)

TESTING DATE : **SAT, FEBRUARY 3, 2024**

TESTING SCHEDULE :

Tiger Tots	1:30 PM
JR. White – Yellow	2:15 PM
JR. Green St- Green	3:15 PM
JR. Blue St and up	4:15 PM
Teens & Adults	5:15 PM

*Dynamic TKD*

\* PLEASE WEAR A FULL UNIFORM AND A BELT.  
\* GREEN ST & UP MUST BRING SPARRING GEAR.

### DUNDAS LOCATION

### 127<sup>th</sup> Dynamic TKD BELT PRESENTATION

MONDAY, Feb 5, 2024  
5:45-7:15 PM

Bring your family and best friends to introduce them to your class and show them your achievements as you receive your brand-new belt. Make your friends proud and look up to you! We will have a pizza party after the belt presentation!

There will be NO JR. YELLOW&UP and Teens& Adults CLASSES!

We will only have Tiger Tots in White-Yellow st

### Dynamic TKD PHOTO DAY

Capture the essence of Taekwondo through the lens of professional photographers.

**PRE RESERVATION ONLY**

PRICE  
\$85+tax (Digital + One 5X7 Printed Picture)  
(\$35 for Extra Printed Pictures)

DATE  
SAT, FEB 10

TIME  
SAT, FEB 10 : 2PM – 8PM

WHERE  
DYNAMIC TKD\_DUNDAS  
(150 Dundas St East, Mississauga, L4X 2Z2)

\*ONLY 40 Spots Available.  
\*You need to reserve your spot.  
\*Each student will have 5-10 minutes of the private time to make the best taekwondo pose.

*Dynamic TKD*

### DYNAMIC TKD MARCH BREAK CAMP

March 11 - 15, 2024 (8:30am - 4pm)

**\$379 (+tax)**

Early Bird 10% Off Offer ends Jan 15, 2024

Join our fun-filled Dynamic Taekwondo Camp !!  
Come Spend your March Break with us!  
Dynamic Taekwondo offers the most exciting and professional Camp in the area!

**AGE 6+ ONLY**

PLEASE SEE THE FRONT DESK FOR DETAILS

*Dynamic TKD*

In case of HEAVY SNOW, our school may **CLOSE** for safety reasons. Please stay informed by checking for updates on **FACEBOOK, INSTAGRAM, DYNAMIC TKD APP** and **EMAIL**.

# 2024 JANUARY

## DUNDAS NEWSLETTER



SUN	MON	TUE	WED	THUR	FRI	SAT
<b>Self Defense</b> <b>Pattern Sparring</b> <b>B-Kick B-Hand</b> <b>A-Basic B-Punch</b>	1 <b>NEW YEAR - SCHOOL CLOSED -</b>	2	3	4	5	6
7	<b>KICKING (White to Yellow) &amp; SPARRING WEEK (Green str. and up)</b>					
14	<b>KICKING (White to Yellow) &amp; SPARRING WEEK (Green str. and up)</b>					
21	<b>Stripe Week / Testing Review Week</b>					
28	<b>Stripe Week / Testing Review Week</b>					3 <b>127<sup>th</sup> Colour Belt Test</b>

**SCHOOL CLOSED**  
 January 1, 2024  
**NEW YEAR**  
 Have a good and safe holiday  
*There is no makeup class for the holiday school closure.*

**SPARRING WEEK**  
 TUE, Jan 2 – SAT, Jan 6

**SPARRING WEEK**  
 MON, Jan 15 – SAT, Jan 20

**127<sup>th</sup> DYNAMIC TKD COLOUR BELT TESTING (DUNDAS LOCATION)**

TESTING DATE : **SAT. FEBRUARY 3, 2024**

TESTING SCHEDULE :

Tiger Tots	1:30 PM
JR. White – Yellow	2:15 PM
JR. Green St- Green	3:15 PM
JR. Blue St and up	4:15 PM
Teens & Adults	5:15 PM

\* PLEASE WEAR A FULL UNIFORM AND A BELT.  
 \* GREEN ST & UP MUST BRING SPARRING GEAR.

DUNDAS LOCATION  
**127<sup>th</sup> Dynamic TKD BELT PRESENTATION**

**MONDAY, Feb 5, 2024**  
 5:45-7:15 PM

Bring your family and best friends to introduce them to your class and show them your achievements as you receive your brand-new belt. Make your friends proud and look up to you! We will have a pizza party after the belt presentation!

**There will be NO JR. YELLOW&UP and Teens& Adults CLASSES!**  
*We will only have Tiger Tots & White-Yellow st*

**2024 New Year, New Goals**  
 Write your new year plans.

My Full Name is \_\_\_\_\_

I have \_\_\_\_\_ belt now.

In 2024, my new year resolution is \_\_\_\_\_

I will train hard to earn \_\_\_\_\_ belt this year

**DYNAMIC TKD MARCH BREAK CAMP**  
 March 11 - 15, 2024 (8:30am - 4pm)  
**\$379 (+tax)**  
 Early Bird 10% Off Offer ends Jan 15, 2024

Join our fun-filled Dynamic Taekwondo Camp!! Come Spend your March Break with us! Dynamic Taekwondo offers the most exciting and professional Camp in the area!

**AGE 6+ ONLY**  
 PLEASE SEE THE FRONT DESK FOR DETAILS

In case of **HEAVY SNOW**, our school may **CLOSE** for safety reasons. Please stay informed by checking for updates on **FACEBOOK, INSTAGRAM, DYNAMIC TKD APP** and **EMAIL**.

# 2023 DECEMBER

## DUNDAS NEWSLETTER



SUN	MON	TUE	WED	THUR	FRI	SAT
Self Defense	27	28	29	30	1	2
Pattern Sparring						
B-Kick B-Hand						
A-Basic B-Punch						
3	4	5	6	7	8	9
KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)						
10	11	12	13	14	15	16 126 <sup>th</sup> Colour Belt Test
Stripe Week / Testing Review Week						
17	18 126 <sup>th</sup> Belt Presentation Jr. Yellow + Adults classes are cancelled	19	20	21	22	23 Ugly Christmas Sweater Class
24 31	25	26	27	28	29	30
Christmas Holidays - SCHOOL CLOSED -						

### SPARRING WEEK

MON, Dec 4 – SAT, Dec 9

### 126<sup>th</sup> DYNAMIC TKD COLOUR BELT TESTING (DUNDAS LOCATION)

TESTING DATE : **SAT, December 16, 2023**

TESTING SCHEDULE :

Tiger Tots	1:30 PM
JR. White – Yellow	2:15 PM
JR. Green St - Green	3:15 PM
JR. Blue St and up	4:15 PM
Teens & Adults	5:15 PM

\* PLEASE WEAR A FULL UNIFORM AND A BELT.  
\* GREEN ST & UP MUST BRING SPARRING GEAR.

### DUNDAS LOCATION

### 126<sup>th</sup> Dynamic TKD BELT PRESENTATION

MONDAY, Dec 18, 2023  
5:45-7:15 PM

Bring your family and best friends to introduce them to your class and show them your achievements as you receive your brand-new belt. Make your friends proud and look up to you! We will have a pizza party after the belt presentation!

**There will be NO JR. YELLOW&UP and Teens&Adults CLASSES**  
*We will only have Tiger tots, Jr White-Yellow st*

### SPECIAL OFFER HOLIDAY SALE

DISCOUNT 10% OFF

\$105	\$55	\$40
\$95	\$50	\$36

### SPECIAL SALE ATHLETIC T-SHIRTS

\$36 \$35

OFFER ENDS DEC 10, 2023  
PLEASE SEE THE FRONT DESK TO PURCHASE.

Join us for an

### UGLY CHRISTMAS SWEATER CLASS

Hosted by

SATURDAY, DECEMBER 23 (REGULAR CLASS TIME)

Dundas : 1590 Dundas St. E., #206  
Bristol : 50 Bristol Rd. E., #501B

www.canadatikd.com

## SCHOOL CLOSED

December 25 - 26

# CHRISTMAS

Have a good and safe holiday

*There is no makeup class for the holiday school closure*

## SCHOOL CLOSED

January 1, 2024

# NEW YEAR

Have a good and safe holiday

*There is no makeup class for the holiday school closure*



SUN	MON	TUE	WED	THUR	FRI	SAT
<b>Self Defense</b> <b>Pattern Sparring</b> <b>B-Kick B-Hand</b> <b>A-Basic B-Punch</b>	30	31 Halloween Costume Class	1	2	3	4 BB Seminar #4 20th BB Test
5	6	7	8	9	10	11 125 <sup>th</sup> Colour Belt Test
<b>Stripe Week / Testing Review Week</b>						
12 Bi Sang TKD Team Demo & Showcase	13 125 <sup>th</sup> Belt Presentation Jr. Yellow + Adults classes are cancelled	14	15	16	17 P.A. Day Camp	18 Toronto Open
19	20	21	22	23	24 P.A. Day Camp	25
<b>KICKING (White to Yellow) &amp; SPARRING WEEK (Green str. and up)</b>						
26	27	28	29	30	1	2

Learn from one of the best team in Korea

### BI SANG DEMONSTRATION TEAM

# TAEKWONDO

## SHOWCASE

November 12, 2023, Sunday  
2:00 - 8:00pm  
Korean Canadian Cultural Association  
1133 Leslie St, North York, ON

Taekwondo Performance  
Skill Building Seminar  
Breaking & Tricking  
Kpop Taekwon Dance  
Extreme Martial Arts

SCAN ME

kbma.info@gmail.com - 416-269-7778

### 125<sup>th</sup> DYNAMIC TKD COLOUR BELT TESTING (DUNDAS LOCATION)

TESTING DATE : **SAT, November 11, 2023**

TESTING SCHEDULE :

Tiger Tots	1:30 PM
JR. White - Yellow	2:15 PM
JR. Green St - Green	3:15 PM
JR. Blue St and up	4:15 PM
Teens & Adults	5:15 PM

\* PLEASE WEAR A FULL UNIFORM AND A BELT.  
\* GREEN ST & UP MUST BRING SPARRING GEAR.

### DUNDAS LOCATION

## 125<sup>th</sup> Dynamic TKD BELT PRESENTATION

MONDAY, NOV 13, 2023  
5:45-7:15 PM

Bring your family and best friends to introduce them to your class and show them your achievements as you receive your brand-new belt. Make your friends proud and look up to you! We will have a pizza party after the belt presentation!

There will be NO JR. YELLOW&UP and Teens& Adults CLASSES!  
We will only have Tiger Tots, Jr White-Yellow st

### TAEKWONDO P.A. DAY CAMP

6-12 Years Old

- Taekwondo
- Arts & Crafts
- Movie & Popcorn
- Pizza Party

Don't let P.A. Days be boring. Make them memorable with Dynamic TKD P.A. Day Camp!

**Full Day Camp**  
8:30AM - 4 PM  
EXTRA CARE IS AVAILABLE  
**\$ 89/DAY**

- FRI, SEP 22, 2023 (PD00)
- FRI, OCT 6, 2023 (TDSB, PD08)
- FRI, NOV 17, 2023 (TDSB)
- FRI, NOV 24, 2023 (PD08)
- FRI, JAN 19, 2024 (TDSB)
- MON, JAN 22, 2024 (PD08)
- FRI, FEB 16, 2024 (TDSB, PD08)
- FRI, APR 19, 2024 (TDSB)
- FRI, MAY 17, 2024 (PD08)

# 2023 TORONTO OPEN

## TAEKWONDO CHAMPIONSHIPS NOVEMBER 17, 18, 19

Venue: VARIETY VILLAGE  
3701 Danforth Ave. Toronto, ON  
Host: YOUNG CHOUNG TAEKWONDO ACADEMY

EVENT CONTACT INFORMATION  
TorontoOpenTaekwondo@gmail.com

## SPARRING WEEK

MON, Nov 20 - SAT, Nov 25

## IMPORTANT NOTICE

To maintain the integrity and structure of our school, we kindly request that students wear their **FULL WHITE UNIFORM** while attending classes from **NOVEMBER to APRIL**.

Thank you for your cooperation.



SUN	MON	TUE	WED	THUR	FRI	SAT
Self Defense Pattern Sparring B-Kick B-Hand A-Basic B-Punch	2 <b>124<sup>th</sup> Belt Presentation</b> *Jr. Yellow +, Adults classes are cancelled	3	4	5	6	7
8	9  - CLUB CLOSED -	10	11	12	13	14 BB Seminar #1
15	16	17	18	19	20	21 BB Seminar #2
22	23	24	25	26	27	28 BB Seminar #3 Halloween Party
29	30	31 Halloween Costume Class	1	2	3	4 BB Seminar #4 20th BB Test

Dynamic Taekwondo

**TAEKWONDO P.A. DAY CAMP**  
6-12 Years Old

- Taekwondo
- Arts & Crafts
- Movie & Popcorn
- Pizza Party

Don't let P.A. Days be boring. Make them memorable with Dynamic TKD P.A. Day Camp!

**Full Day Camp**  
8:30AM - 4 PM  
EXTRA CARE IS AVAILABLE  
**\$89/DAY**

- FRI, SEP 22, 2023 (PDSB)
- FRI, OCT 6, 2023 (TDSB, PDSB)
- FRI, NOV 17, 2023 (TDSB)
- FRI, NOV 24, 2023 (PDSB)
- FRI, JAN 19, 2024 (TDSB)
- MON, JAN 22, 2024 (PDSB)
- FRI, FEB 16, 2024 (TDSB, PDSB)
- FRI, APR 19, 2024 (TDSB)
- FRI, MAY 17, 2024 (PDSB)

## SCHOOL CLOSED

Monday, October 9, 2023

## THANKSGIVING DAY

Have a good and safe holiday

*There is no makeup class for the holiday school closure.*

## SPARRING WEEK

TUE, Oct 10 – SAT, Oct 14  
MON, Oct 23 – SAT, Oct 28

Dynamic Taekwondo

Dynamic TKD's **HALLOWEEN PARTY**

mini games, candles, board breakings

**28 OCT 2023** | EVENT TIME **4 - 6 PM**

@DUNDAS LOCATION  
(Bristol students are also invited)

RESERVE AT FRONT DESK  
1590 Dundas St. E., #206, Mississauga  
www.canadatkd.com

**HALLOWEEN COSTUME CLASS**

TUESDAY OCTOBER 31ST

PLEASE RESERVE YOUR CLASS!

regular taekwondo class & photo shooting

**Trick or Treating**

DYNAMIC TAEKWONDO

Dynamic: 1380 Dundas St. E. unit 206, Mississauga (905) 277-8429  
Bristol: 50 Bristol Rd E. unit 101B, Mississauga (947) 834-0238

## BLACK BELT

### Seminar & Testing Schedule

All candidates must attend all the seminars. Please wear a full uniform.

**BB TEST : NOV 4th, 3:15 PM**  
Candidate Parent Meeting  
Saturday, Oct 14, 12:30 pm

**Seminar Schedule**

- # 1 : Saturday, Oct 14 / 1:30 pm – 3 pm
- # 2 : Saturday, Oct 21 / 1:30 pm – 3 pm
- # 3 : Saturday, Oct 28 / 1:30 pm – 3 pm
- # 4 : Saturday, Nov 4 / 1:30 pm – 3 pm

www.canadatkd.com  
info@canadatkd.com  
bristol@canadatkd.com



SUN	MON	TUE	WED	THUR	FRI	SAT
<b>Self Defense</b> <b>Pattern Sparring</b> <b>B-Kick B-Hand</b> <b>A-Basic B-Punch</b>	28 123 <sup>rd</sup> Belt Presentation	29	30	31	1	2
3	4 LABOUR DAY - CLUB CLOSED -	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30 124 <sup>th</sup> Colour Belt Test

**Stripe Week / Testing Review Week**

## SCHOOL CLOSED

Monday, September 4, 2023

# LABOUR DAY

Have a good and safe holiday

There is no makeup class for the holiday school closure

## SPARRING WEEK

TUE, Sept 5 – SAT, Sept 9

*Dynamic Taekwondo*

MASTER SEO'S DYNAMIC TAEKWONDO

## BACK TO SCHOOL

REGISTRATION OPENS NOW

SERVING 2 LOCATIONS

- DUNDAS : 1500 DUNDAS ST E #206, MISSISSAUGA (905-277-5425)
- BRISTOL : 50 BRISTOL RD E #601B, MISSISSAUGA (647-534-2630)

**LIMITED SPACE AVAILABLE**

WWW.CANADATKD.COM

### 124<sup>th</sup> DYNAMIC TKD COLOUR BELT TESTING (DUNDAS LOCATION)

**TESTING DATE :**  
**SAT, September 30, 2023**

**TESTING SCHEDULE :**

Tiger Tots	1:30 PM
JR. White – Yellow	2:15 PM
JR. Green St and up	3:15 PM
Teens & Adults	5 PM

\* PLEASE WEAR A FULL UNIFORM AND A BELT.  
\* GREEN ST & UP MUST BRING SPARRING GEAR.

*Dynamic Taekwondo*

DUNDAS LOCATION

### 124<sup>th</sup> Dynamic TKD BELT PRESENTATION

MONDAY, Oct 2, 2023

5:45-7:15 PM

Bring your family and best friends to introduce them to your class and show them your achievements as you receive your brand-new belt. Make your friends proud and look up to you! We will have a pizza party after the belt presentation!

There will be NO JR. YELLOW&UP, and Teens& Adults CLASSES!  
We will only have Tiger tots, Jr White-Yellow st

## IMPORTANT NOTICE

### SCHEDULE CHANGES BLUE BELT ONLY

PLEASE SEE YOUR EMAIL, WEBSITE, AND APP TO CHECK OUR NEW SCHEDULE.

## TAEKWONDO P.A.DAY CAMP

6-12 Years Old

- Taekwondo
- Arts & Crafts
- Movie & Popcorn
- Pizza Party

Don't let P.A. Days be boring. Make them memorable with Dynamic TKD P.A. Day Camp!

**Full Day Camp**

8:30AM - 4 PM  
EXTRA CARE IS AVAILABLE

\$ 89/DAY

Registration at Front Desk  
www.canadatkd.com

DUNDAS LOCATION  
1590 Dundas st. East #206, Mississauga (905-277-5425)

SUN	MON	TUE	WED	THUR	FRI	SAT
Self Defense	31	1	2	3	4	5
Pattern Sparring	KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)					
B-Kick B-Hand	KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)					
A-Basic B-Punch	KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)					
6	7	8	9	10	11	12
	CLUB CLOSED	KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)				
13	14	15	16	17	18	19
SUMMER CAMP WEEK 6	KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)					
20	21	22	23	24	25	26
SUMMER CAMP WEEK 7	Stripe Week / Testing Review Week					123 <sup>rd</sup> Colour Belt Test
27	28	29	30	31	1	2
SUMMER CAMP WEEK 8	28 123 <sup>rd</sup> Belt Presentation *Jr. Yellow +, Adults classes are cancelled	KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)				

**Dynamic Taekwondo**  
August 7  
**Happy CIVIC Day**  
SCHOOL CLOSED  
Please note that there will be no make-up class for this closure.  
Wishing you a happy holiday!

**123<sup>rd</sup> DYNAMIC TKD COLOUR BELT TESTING (DUNDAS LOCATION)**

TESTING DATE : **SAT, August 26, 2023**

TESTING SCHEDULE :

Tiger Tots	1:30 PM
JR. White – Yellow	2:15 PM
JR. Green St and up	3:15 PM
Teens & Adults	5 PM

\* PLEASE WEAR A FULL UNIFORM AND A BELT. \* GREEN ST & UP MUST BRING SPARRING GEAR.

**DUNDAS LOCATION**  
**123<sup>rd</sup> Dynamic TKD BELT PRESENTATION**

**MONDAY, Aug 28, 2023**  
**5:45-7:15 PM**

Bring your family and best friends to introduce them to your class and show them your achievements as you receive your brand-new belt. Make your friends proud and look up to you! We will have a pizza party after the belt presentation!

**There will be NO JR. YELLOW&UP and Teens& Adults CLASSES!**  
*We will only have Tiger Tots, Jr White-Yellow st*

Fun Taekwondo Camps for Kids Age 6+

**SUMMER CAMP**

WEEK #1: JUL 3 – JUL 7    WEEK #5: JUL 31 – AUG 4  
WEEK #2: JUL 10 – JUL 14    WEEK #6: AUG 14 – AUG 18  
WEEK #3: JUL 17 – JUL 21    WEEK #7: AUG 21 – AUG 25  
WEEK #4: JUL 24 – JUL 28    WEEK #8: AUG 28 – SEP 1

Full Day Camp 8:30 am – 4 pm

**ACTIVITIES:**

- Taekwondo
- Field Trips
- Mindset Workshop
- Bully Proofing
- Stranger Danger
- Arts & Crafts
- Fun Games
- Daily Journals
- Test Preparation

**REGISTER AT FRONT DESK**  
SPACE IS LIMITED

**WEEK #8 STILL AVAILABLE!**

**BACK to SCHOOL**

**LET'S STUDY HARD & TRAIN HARD!**





SUN	MON	TUE	WED	THUR	FRI	SAT
<b>Self Defense</b> <b>Pattern Sparring</b> <b>B-Kick B-Hand</b> <b>A-Basic B-Punch</b>	29	27	28	29	30	<b>1</b>  <b>CLUB CLOSED</b>
<b>KICKING (White to Yellow) &amp; SPARRING WEEK (Green str. and up)</b>						
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>SUMMER CAMP WEEK 1</b>						
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>SUMMER CAMP WEEK 2</b>						
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Stripe Week / Testing Review Week</b>						
<b>23</b>	<b>24 122<sup>nd</sup> Belt Presentation</b> <i>*Jr. Yellow +, Adults classes are cancelled</i>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>SUMMER CAMP WEEK 4</b>						
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>SUMMER CAMP WEEK 5</b>						
<b>KICKING (White to Yellow) &amp; SPARRING WEEK (Green str. and up)</b>						

**HAPPY CANADA DAY**  
 WWW.CANADATKD.COM  
**JULY 01**  
 CLUB CLOSED

**July 1, 2023**

**Happy 11th Anniversary**

**SPARRING WEEK**  
 Mon, July 31~ Sat, August 5

**<IMPORTANT NOTICE>**  
**SCHEDULE CHANGES FOR CURRENT RED ST. BELT**

**SIBLINGS MONTH**  
**SIBLINGS FREE JULY TRAINING!**  
 NEW MEMBERS ONLY  
 OFFER ENDS JULY 31, 2023

WWW.CANADATKD.COM

**DUNDAS LOCATION**  
**122<sup>nd</sup> Dynamic TKD BELT PRESENTATION**  
**MONDAY, July 24, 2023**  
**5:45-7:15 PM**

Bring your family and best friends to introduce them to your class and show them your achievements as you receive your brand-new belt. Make your friends proud and look up to you! We will have a pizza party after the belt presentation!

**There will be NO JR. YELLOW and Teens Adults CLASS!**  
 We will only have Tiger Tots & White-Yellow at

**122<sup>nd</sup> COLOUR BELT TESTING**

**DATE: SAT, July 22, 2023**  
**WHERE: DYNAMIC TAEKWONDO**

**BELT TESTING SCHEDULE**

TIGER TOTS	1:30 PM
JR. White- Yellow	2:15 PM
JR. Green st and Up	3:15 PM
TEENS&ADULTS	5 PM

\* PLEASE WEAR FULL UNIFORM AND BELT FOR THE TEST.  
 \* GREEN ST & UP MUST BRING YOUR SPARRING GEARS.

**DYNAMIC TKD BBQ PARTY**

**POT LUCK PARTY - GAMES - PRIZE - INSTRUCTOR DEMO**  
**WATER GUN FIGHT / TREASURE HUNT / SPORTS GAMES**

**DON'T FORGET TO BRING YOUR WATER GUN & EXTRA CLOTHES**  
**POT LUCK EVENT - BRING FOOD TO SHARE WITH OTHERS**  
 WE'LL PREPARE BBQ & DRINKS

**SATURDAY**  
 July 29, 2023  
**DOORS OPEN AT**  
 11:30am - 4:00pm

**3569 BETHESDA RD (MASTER SEO'S FARM)**  
 Whitnchurch-Stouffville, L4A 7X5

**BUY AT FRONT DESK**



SUN	MON	TUE	WED	THUR	FRI	SAT
<b>Self Defense</b> <b>Pattern Sparring</b> <b>B-Kick B-Hand</b> <b>A-Basic B-Punch</b>	29	30	31	1	2	3
<b>Staff Development Day - SCHOOL CLOSED -</b>						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
<b>Stripe Week / Testing Review Week</b>						<b>121<sup>st</sup> Colour Belt Test</b>
18	19	20	21	22	23	24
	<b>121<sup>st</sup> Belt Presentation</b> <i>*Jr. Yellow +, Adults classes are cancelled</i>					
25	26	27	28	29	30	1
<b>KICKING (White to Yellow) &amp; SPARRING WEEK (Green str. and up)</b>						 <b>CLUB CLOSED</b>

**STAFF DEVELOPMENT DAY**  
**CLUB CLOSED**  
**FRI, JUN 2 - SAT, JUN 3**

TO BETTER SERVE YOU, OUR TEAM WILL BE ATTENDING A MARTIAL ARTS SUMMIT IN THE US. THANK YOU FOR YOUR CONTINUED SUPPORT AND UNDERSTANDING.

**HAPPY Father's Day**  
Special Gift to Dads  
**FREE MEMBERSHIP FOR MONTH OF JUNE**  
Non Registered Dads ONLY  
Valid until June 30, 2023  
[www.canadatkd.com](http://www.canadatkd.com)

**SCHOOL FUN FAIR**  
DATES & PLACES

- \* May 27th - Wedgewood Fun Fair
- \* June 8th - Mill Valley Fun Fair (Donation Only)
- \* June 10th - Millwood Fun Fair (Demonstration)
- \* June 10th - Our Lady of Peace Fun Fair (Demonstration)
- \* June 10th - Glen Park Summer Fast (Donation Only)
- \* June 22nd - Wellesworth Fun Fair

[www.canadatkd.com](http://www.canadatkd.com)

**SUMMER CAMP**  
Fun Taekwondo Camps for Kids Ages 6+

WEEK #1: JUL 3 - JUL 7  
WEEK #2: JUL 10 - JUL 14  
WEEK #3: JUL 17 - JUL 21  
WEEK #4: JUL 24 - JUL 28

WEEK #5: JUL 31 - AUG 4  
WEEK #6: AUG 14 - AUG 18  
WEEK #7: AUG 21 - AUG 25  
WEEK #8: AUG 28 - SEP 1

Full Day Camp 8:30 am - 4 pm

**ACTIVITIES:**

- Taekwondo
- Field Trips
- Mindset Workshop
- Bully Proofing
- Stranger Danger
- Arts & Crafts
- Fun Games
- Daily Journals
- Test Preparation

**REGISTER AT FRONT DESK**  
SPACE IS LIMITED

FOR MORE INFO: 905-277-5425 | [info@canadatkd.com](mailto:info@canadatkd.com)

**121<sup>st</sup> DYNAMIC TKD COLOUR BELT TESTING (DUNDAS LOCATION)**

TESTING DATE : **SAT, JUNE 17, 2023**

TESTING SCHEDULE :

Tiger Tots	1:30 PM
JR. White - Yellow	2:15 PM
JR. Green St and up	3:15 PM
Teens & Adults	4:45 PM

**DUNDAS LOCATION**  
**121<sup>st</sup> Dynamic TKD BELT PRESENTATION**

**MONDAY, June 19, 2023**  
**5:45-7:15 PM**

Bring your family and best friends to introduce them to your class and show them your achievements as you receive your brand-new belt. Make your friends proud and look up to you! We will have a pizza party after the belt presentation!

**There will be NO JR. YELLOW&UP, and Teens& Adults CLASSES!**  
*We will only have Tiger Tots, & White-Yellow st*

**SPARRING WEEK**  
Mon, June 26 ~ Fri, June 30

**HAPPY CANADA DAY**

**JULY 01**  
**CLUB CLOSED**

[www.canadatkd.com](http://www.canadatkd.com)

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>Self Defense</b> <b>Pattern Sparring</b> <b>B-Kick B-Hand</b> <b>A-Basic B-Punch</b>	1	1	3	4	5	6 <b>120<sup>th</sup> Colour Belt Test</b>
7	8 <b>Belt Presentation</b>	9	10	11	12	13 Son's TKD Tournament
<b>KICKING / SPARRING WEEK (green st and up)</b>						
14	15	16	17	18	19	20
21	22 Victoria Day -SCHOOL CLOSED-	23	24	25	26	27
28	29	30	31	1	2	3
					<b>Staff Development Day - SCHOOL CLOSED -</b>	

**120<sup>th</sup> COLOUR BELT TEST**  
**Saturday, May 6**  
 Tiger Tots – 1:45 pm  
 Juniors – 2:15 pm  
 Teens & Adults – 4:00 pm

**BELT PRESENTATION**  
**Monday, May 8**  
 (5:45 pm – 7:15 pm)  
*Yellow St. and Up classes will be cancelled.*

**MOTHER'S DAY**  
*Special Gift to Moms*  
**FREE MEMBERSHIP FOR MONTH OF MAY**  
Non Registered Members ONLY Valid until May 31st, 2023  
 WWW.CANADATKD.COM

**HAPPY Father's Day**  
*Special Gift to Dads*  
**FREE MEMBERSHIP FOR MONTH OF JUNE**  
Non Registered Dads ONLY Valid until June 30, 2023  
 WWW.CANADATKD.COM

**SPARRING WEEK**  
 (BELT LEVEL - GREEN ST. AND UP)  
**MON, DEC 12 - SAT, DEC 17**

**PLEASE ARRIVE 15 MINUTES EARLIER TO PUT ON YOUR SPARRING GEAR!**

**SCHOOL CLOSED**  
 Monday, May 22, 2023  
**VICTORIA DAY**

Have a good and safe holiday  
*There is no makeup class for the holiday school closure*

**SUMMER CAMP**

Fun Taekwondo Camps for Kids Age 5+

WEEK 01 : JUL 3 - JUL 7    WEEK 02 : JUL 10 - JUL 14    WEEK 03 : JUL 17 - JUL 21    WEEK 04 : JUL 24 - JUL 28

WEEK 05 : JUL 31 - AUG 4    WEEK 06 : AUG 14 - AUG 18    WEEK 07 : AUG 21 - AUG 25    WEEK 08 : AUG 28 - SEP 1

Full Day Camp 8:30 am - 4 pm

**ACTIVITIES:**

- Taekwondo
- Field Trips
- Mindset Workshop
- Bully Proofing
- Stranger Danger
- Arts & Crafts
- Fun Games
- Daily Journals
- Test Preparation

**REGISTER AT FRONT DESK**  
 SPACE IS LIMITED

FOR MORE INFO: 905-277-5425 | info@canadatkd.com