



2024 May

DUNDAS NEWSLETTER



SUN	MON	TUE	WED	THUR	FRI	SAT
Self Defense	29	30	1	2	3	4 Tournament Training
Pattern Sparring						
B-Kick B-Hand						
A-Basic B-Punch						
5	6	7	8	9	10	11 Son's Tournament Funfair Practice
KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)						
12	13	14	15	16	17	18
Stripe Week / Testing Review Week						
19	20 Victoria Day - SCHOOL CLOSURE -	21	22	23	24	25 Wedgewood Funfair
KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)						
26	27	28	29	30	31	130 th Colour Belt Test
Stripe Week / Testing Review Week						

SPARRING WEEK

MON, MAY 6 – SAT, MAY 11
MON, MAY 21 – MAY 25
 (Green St & Up, Must bring gear)

2024 SON'S PREMIER TAEKWONDO CHAMPIONSHIP

SAT, MAY 11

* Prep Training : **SAT, MAY 4 @ 2PM** (students must bring their gear and wear a full uniform)

VICTORIA DAY SCHOOL CLOSURE

MON, MAY 20

(No makeup class for holiday closure)

130th COLOUR BET TESTING

TEENS & ADULTS FRI, MAY 31 @ 8:30 PM

TIGER TOTS SAT, JUNE 1 @ 2:00 PM

Jr. WHITE - YELLOW SAT, JUNE 1 @ 2:45 PM

Jr. GREEN ST – GREEN SAT, JUNE 1 @ 3:45 PM

Jr. BLUE ST & UP SAT, JUNE 1 @ 4:45 PM

130th BELT PRESENTATION

MONDAY, JUNE 3
5:45 PM – 7:15 PM

* Receiving new belts, certificates and awards

* Wear a full white uniform and belt

(No Jr. YELLOW & UP, TEENS & ADULTS class)