



2024 SEPTEMBER



DYNAMIC
TAEKWONDO

DUNDAS NEWSLETTER

SUN	MON	TUE	WED	THUR	FRI	SAT
Self Defense Pattern Sparring B-Kick B-Hand A-Basic B-Punch	2 Happy Labour Day	3	4	5	6	7 BACK TO School Party
KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27 Teens/Adults Belt Test	28 133rd Colour Belt Test
Stripe Week / Testing Review Week						
28	30 133rd Belt Presentation Jr. Yellow + Adults classes are cancelled	1	2	3	4	5

KICKING & SPARRING WEEK

TUE, SEP 03 – SAT, SEP 07

(Green St & Up, Must bring gear)

BACK TO SCHOOL PARTY

SAT, SEP 7 @ 2:30PM - 4:00PM

Admission is \$30 per student, or **FREE** if you bring a friend that is currently NOT a student with us!

LABOUR DAY SCHOOL CLOSURE

MON, SEPTEMBER 2

(No makeup class for holiday closure)

133rd COLOUR BELT TESTING

TEENS & ADULTS

FRI, SEP 27 @ 8:30 PM

TIGER TOTS

SAT, SEP 28 @ 1:45 PM

Jr. WHITE & YELLOW

SAT, SEP 28 @ 2:30 PM

Jr. GREEN ST & GREEN

SAT, SEP 28 @ 3:30 PM

Jr. BLUE ST & UP

SAT, SEP 28 @ 4:30 PM

133rd BELT PRESENTATION

MONDAY, SEPTEMBER 30

5:30 PM – 7:00 PM

* Receiving new belts, certificates and awards

* Please wear a full white uniform and current belt

(No Classes for Jr. YELLOW & UP, TEENS & ADULTS)