



DYNAMIC
TAEKWONDO

2024 OCTOBER

BRISTOL NEWSLETTER



SUN	MON	TUE	WED	THU	FRI	SAT
Self-Defense	30 Belt Presentation	1	2	3	4	5
Pattern Sparring						
B-Kick B-Hand						
A-Basic B-Punch						
6	7	8	9	10	11	12 BB Seminar 1
KICKING (White to Yellow) & SPARRING WEEK (Green St & Up)						
13	14 SCHOOL CLOSED -Thanksgiving-	15	16	17	18	19 BB Seminar 2
20	21	22	23	24	25	26 BB Seminar 3
KICKING (White to Yellow) & SPARRING WEEK (Green St & Up)						
27	28	29	30	31 HALLOWEEN COSTUME CLASS	1	2 BB Seminar 4 Black Belt Test

SCHOOL CLOSED MONDAY, OCT 14

*In observance of Thanksgiving Day
*NO make-up class for this closure

SPARRING WEEK

#1 MON, OCT 7 – SAT, OCT 12

#2 MON, OCT 21 – SAT, OCT 26

*Green St & Up must bring Sparring Gear
*Please arrive 15 minutes earlier

134th COLOUR BELT TEST SATURDAY, NOV 9

TIGER TOTS & JR WHITE – 2:15 PM

JR YELLOW ST & YELLOW – 3:15 PM

JR GREEN ST & UP – 4:15 PM

FRIDAY, NOV 8

TEENS & ADULTS – 8:45 PM

HALLOWEEN COSTUME CLASS THURSDAY, OCT 31

*WHERE: Bristol Location

*TIME: Your regular class time

*Reserve your spot at the Zen Planner

134th BELT CEREMONY MONDAY, NOV 11 5:45 PM – 7:15 PM

*Receiving new belts, certificates, and awards

*Please wear your full uniform and current belt

*NO Classes for Jr. Yellow & Up, Teens & Adults