



**DYNAMIC**  
TAEKWONDO

# DUNDAS NEWSLETTER

## OCTOBER 2024



SUN	MON	TUE	WED	THU	FRI	SAT
Self Defense	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 str. and up)						
13	14 THANKSGIVING DAY HOLIDAY (School closed)	15	16	17	18	19 BB SEMINAR #2
KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)						
20	21	22	23	24	25	26 BB SEMINAR #3
KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)						
27	28	29	30	31 HALLOWEEN COSTUME CLASS	1	2 BB SEMINAR #4 22 <sup>ND</sup> BLACK BELT TEST
KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)						

### KICKING & SPARRING WEEK

MON, OCT 7 – SAT, OCT 12

MON, OCT 21 – SAT, OCT 26

\* Green Stripes & higher, bring sparring gear

### THANKSGIVING DAY

MON, OCTOBER 14

SCHOOL CLOSED

No makeup classes for holiday closure

### HALLOWEEN COSTUME CLASS

THURSDAY, OCTOBER 31

ALL CLASSES

\* Attend regular class in your Halloween Costume!

\* There will be a photo shoot

\* Please reserve your class in advance

### 134<sup>TH</sup> COLOUR BELT TEST

TEENS & ADULTS

FRI, NOV 8 @ 8:30 PM

TIGER TOTS

SAT, NOV 9 @ 1:45 PM

JR. WHITE & YELLOW

SAT, NOV 9 @ 2:30 PM

JR. GREEN ST & GREEN

SAT, NOV 9 @ 3:30 PM

JR. BLUE ST & UP

SAT, NOV 9 @ 4:30 PM

### 22<sup>ND</sup> BLACK BELT TEST

SAT, NOVEMBER 2

3:30PM - 6:30PM

\* Candidates must attend Black Belt seminars

\* Everyone is welcome to watch