


SUN	MON	TUE	WED	THU	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	28	29	30	31 Halloween Costume Class	1	2
Self Defense														
Pattern	Sparring													
B-Kick	B-Hand													
A-Basic	B-Punch													
3 Daylight Saving Time Ends	4	5	6	7	8	9								
10	11 -School Open- Remembrance Day 	12	13	14	15	16								
17	18	19	20	21	22	23								
KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)														
24	25	26	27	28	29	30								

### KICKING & SPARRING WEEK

**MON, NOV 18 – SAT, NOV 23**  
(Green St & Up, Must bring gear)

### FULL UNIFORM

To maintain the integrity and structure of our school, please wear your **FULL WHITE UNIFORM** during class from **NOVEMBER** to **APRIL**.

### WINTER NOTICE

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 E-MAIL.**

### Stay Connected with us!

Follow us for the latest updates, class moments, and inspiration!



Join and share your Taekwondo journey with us!