



DUNDAS NEWSLETTER



DYNAMIC
TAEKWONDO

DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
Self Defense Pattern Sparring B-Kick B-Hand A-Basic B-Punch	2	3	4	5	6	7 TEENS/ADULTS CLASS POTLUCK PARTY
				KICKING & SPARRING WEEK		
8	9	10	11	12	13 135 TH BELT TEST (TEENS/ADULTS)	14 135 TH BELT TEST (TOTS, JUNIORS)
STRIPE WEEK & TESTING REVIEW WEEK						
15	16 BELT PRESENTATION (Classes cancelled for Jr. Yellow Belt & up)	17	18	19	20	21
22	23 UGLY SWEATER PARTY!	24	25 Merry Christmas!	26	27	28
WINTER HOLIDAYS - SCHOOL CLOSED						
29	30	31	HAPPY NEW YEAR 2025	2	3	4
NEW YEARS - SCHOOL CLOSED						

KICKING & SPARRING WEEK

THUR, DEC 5 – SAT, DEC 7

* Green Stripes & higher, bring sparring gear

POTLUCK PARTY

SAT, DEC 7 @ 5PM

Teens/Adults Class invited!

Please register with QR code



UGLY SWEATER PARTY

MONDAY, DECEMBER 23

* Attend your regular class in an ugly sweater!

SCHOOL CLOSURES

Winter Holiday: DEC 24 – DEC 26

New Years: DEC 30 – JAN 1

135TH COLOUR BELT TEST

TEENS & ADULTS

FRI, DEC 13 @ 8:30PM

TIGER TOTS

SAT, DEC 14 @ 1:45PM

JR. WHITE & YELLOW

SAT, DEC 14 @ 2:30PM

JR. GREEN ST & GREEN

SAT, DEC 14 @ 3:30PM

JR. BLUE ST & UP

SAT, DEC 14 @ 4:30PM

135TH BELT PRESENTATION

MONDAY, DECEMBER 16

5:30 PM – 7:00 PM

* Presentation of new belts, certificates and awards

* Please wear full white uniform and current belt

(Classes cancelled for JR. Yellow Belt & Up)