



# JANUARY 2025

## BRISTOL NEWSLETTER



| SUN  | MON                               | TUE | WED              | THU | FRI  | SAT  |
|--|-----------------------------------|-----|------------------|-----|--|--|
| Self-Defense   | 30                                | 31  | 1 New Year's Day | 2   | 3  | 4  |
| Pattern Sparring   | <b>- HOLIDAY SCHOOL CLOSURE -</b> |     |                  |     |  |  |
| B-Kick B-Hand  |                                   |     |                  |     |  |  |
| A-Basic B-Punch  |                                   |     |                  |     |  |  |
| 5  | 6                                 | 7   | 8                | 9   | 10   | 11   |
| <b>KICKING (White to Yellow) &amp; SPARRING WEEK (Green St &amp; Up)</b> |                                   |     |                  |     |  |  |
| 12   | 13                                | 14  | 15               | 16  | 17   | 18   |
| 19   | 20                                | 21  | 22               | 23  | 24 136 <sup>th</sup><br>Teens & Adults<br>Colour Belt Test | 25 136 <sup>th</sup><br>Tots & Juniors<br>Colour Belt Test |
| 26   | 27 Belt<br>Presentation           | 28  | 29               | 30  | 31   | 1  |

**HOLIDAY CLOSURE**  
MON, DEC 30 – WED, JAN 1

**MARCH BREAK CAMP**  
MON, MAR 10 – FRI, MAR 14  
• Early Bird Promo (10% OFF)  
ends on January 15!

**SPARRING WEEK**  
MON, JAN 6 – SAT, JAN 11  
• Green St & Up must bring Sparring Gear  
• Please arrive 15 minutes earlier

**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 EMAIL.**

**136<sup>th</sup> COLOUR BELT TEST**  
**SATURDAY, JAN 25**  
TIGER TOTS & JR WHITE – 2:15 PM  
JR YELLOW ST & YELLOW – 3:15 PM  
JR GREEN ST & UP – 4:15 PM  
**FRIDAY, JAN 24**  
TEENS & ADULTS – 8:45 PM

**136<sup>th</sup> BELT CEREMONY**  
**MONDAY, JAN 27**  
**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**