




**DYNAMIC**  
TAEKWONDO

# DUNDAS NEWSLETTER

## JANUARY 2025



SUN	MON	TUE	WED	THU	FRI	SAT	
Self Defense	30	31		2	3	4	
Pattern Kick	NEW YEARS - SCHOOL CLOSED						
Basic Hand							
Sparring Punch	KICKING & SPARRING WEEK						
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24 136 <sup>th</sup> BELT TEST (TEENS / ADULTS)	25 136 <sup>th</sup> BELT TEST (TOTS / JUNIORS)	
STRIPE WEEK & TESTING REVIEW WEEK							
26	27 BELT PRESENTATION (Classes cancelled for Jr. Yellow belts & up)	28	29	30	31		

### SCHOOL CLOSED

Happy New Year! DEC 30 – JAN 1

### KICKING & SPARRING WEEK

MON, JAN 6 – SAT, JAN 11

\* Green Stripes & higher, bring sparring gear

### MARCH BREAK CAMP

MARCH 10 – MARCH 14

Full day camp for ages 6+ (8:30am – 4pm)  
Register now for EARLY BIRD 10% discount!

### STAY UPDATED!

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

TEENS & ADULTS      FRI, JAN 24 @ 8:40PM

TIGER TOTS      SAT, JAN 25 @ 1:45PM

JR. WHITE & YELLOW      SAT, JAN 25 @ 2:30PM

JR. GREEN ST & GREEN      SAT, JAN 25 @ 3:30PM

JR. BLUE ST & UP      SAT, JAN 25 @ 4:30PM

### 136<sup>TH</sup> BELT PRESENTATION

MONDAY, JANUARY 27

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 Belts & Up)