



CORNWALL NEWSLETTER

2025 JANUARY



SUN	MON	TUE	WED	THU	FRI	SAT
Self Defense	30	31	1	2	3	4
Pattern Sparring		New Year's Eve	New Year's Day			
B-Kick B-Hand	- HOLIDAY SCHOOL CLOSURE -					
A-Basic B-Punch						
5	6	7	8	9	10	11
KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
					136 th Colour Belt Test Teens & Adults	136 th Colour Belt Test Tots & Juniors
Stripe Week / Testing Review Week						
26	27	28	29	30	31	1

KICKING & SPARRING WEEK

MON, JAN 6 – SAT, JAN 11
(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**.

136th COLOUR BELT TEST

TIGER TOTS & JR WHITE	SAT, JAN 25 @ 2:30 PM
JR YELLOW ST & UP	SAT, JAN 25 @ 2:30 PM
TEENS & ADULTS	FRI, JAN 24 @ 8:30 PM

SCHOOL CLOSURE

MON, DEC 30 – WED, JAN 1