



DUNDAS NEWSLETTER



DYNAMIC
TAEKWONDO

FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
Self Defense Pattern Kick Basic Hand Sparring Punch						1
2	3	4	5	6	7	8
KICKING & SPARRING WEEK						
9	10	11	12	13	14	15
16	17 FAMILY DAY (SCHOOL CLOSED)	18	19	20	21	22 DYNAMIC SKILLS CHALLENGE (@Cornwall)
KICKING & SPARRING WEEK						
23	24	25	26	27	28	

KICKING & SPARRING WEEKS

MON, FEB 3 – SAT, FEB 8
 TUES, FEB 18 – SAT, FEB 22

* Green Stripes & higher, bring sparring gear

SCHOOL CLOSURE

Happy Family Day! **MON, FEB 17**

DYNAMIC SKILLS CHALLENGE

SAT, FEB 22 (2-6pm) @Cornwall

Test your skills and gain competitive experience!
 Poomsae, Board Breaking, Speed Kicks
 (Registration deadline **FEB 8**)

MARCH BREAK CAMP

MARCH 10 – MARCH 14

Full day camp for ages 6+ (8:30am – 4pm)

137TH COLOUR BELT TEST

TEENS & ADULTS	FRI, MAR 7 @ 8:40PM
TIGER TOTS	SAT, MAR 8 @ 1:45PM
JR. WHITE & YELLOW	SAT, MAR 8 @ 2:30PM
JR. GREEN ST & GREEN	SAT, MAR 8 @ 3:30PM
JR. BLUE ST & UP	SAT, MAR 8 @ 4:30PM

137TH BELT PRESENTATION

MONDAY, MARCH 10

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)