



SUN	MON	TUE	WED	THU	FRI	SAT
<b>Self Defense</b> <b>Pattern</b> <b>Kick</b> <b>Basic</b> <b>Hand</b> <b>Sparring</b> <b>Punch</b>						1
2	3	4	5	6	7	8
					137 <sup>th</sup> BELT TEST (TEENS/ADULTS)	137 <sup>th</sup> BELT TEST (TOTS & JUNIORS)
STRIPE WEEK & TESTING REVIEW WEEK						
9	10	11	12	13	14	15
MASTER SUNG'S POOMSAE SEMINAR	BELT PRESENTATION	MARCH BREAK CAMP (Classes running as scheduled Tue-Fri)				
	(Classes cancelled)					
16	17	18	19	20	21	22
	KICKING (White to Yellow Belts) & SPARRING WEEK (Green Str. and Up)					
23/30	24/31	25	26	27	28	29

**KICKING & SPARRING WEEK**

**MON, MAR 17 – SAT, MAR 22**

\* Green Stripes & higher, bring sparring gear

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**MARCH BREAK CAMP**

**MARCH 10 – MARCH 14**

Full day camp for ages 6+ (8:30am – 4pm)  
\* All afternoon classes will run as scheduled

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**MASTER SUNG SEMINAR**

“The Essence of Taekwondo Demonstration and Freestyle Poomsae” – by Master Sung  
**SUNDAY, MARCH 9** (10am – 3pm @ Cornwall)  
\* Exclusive seminar for Red and Black belts only

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**2025 SUMMER CAMP**

Week 1: July 7-11 | Week 2: July 14-18  
Week 3: July 21-25 | Week 4: July 28 – Aug 1  
Week 5: Aug 11-15 | Week 6: Aug 18-22  
Full day camp for ages 6-12 (8:30am – 4pm)  
Register now, spots are filling up quickly!

**137<sup>TH</sup> 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**

**137<sup>TH</sup> BELT PRESENTATION**

**MONDAY, MARCH 10**

**5:30 PM – 7:00 PM**

\* Presentation of new belts, certificates and awards  
\* Please wear your full white uniform and current belt  
**(Classes cancelled for Jr. Yellow Belts & Up)**