



CORNWALL NEWSLETTER

2025 MARCH



SUN	MON	TUE	WED	THU	FRI	SAT
Self Defense	24	25	26	27	28	1
Pattern Sparring						
B-Kick B-Hand						
A-Basic B-Punch						
2	3	4	5	6	7 137th Teens & Adults Colour Belt Test	8 137th Tots & Juniors Colour Belt Test
Stripe Week / Testing Review Week						
9 Master Sung Seminar	10	11	12	13	14	15
16	17	18	19	20	21	22
KICKING (White to Yellow) & 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 St & Up, Must bring gear)

137th COLOUR BELT TEST

- Please wear your full uniform and current belt -

**TIGER TOTS
& JR WHITE**

**SAT, MAR 8
@ 2:30 PM**

**JR YELLOW ST
& UP**

**SAT, MAR 8
@ 2:30 PM**

**TEENS
& ADULTS**

**FRI, MAR 7
@ 8:30 PM**

THE ESSENCE OF TAEKWONDO DEMONSTRATION AND FREESTYLE POOMSAE SEMINAR

SUNDAY, MARCH 9

10:00 AM - 3:00 PM

CORNWALL LOCATION

•Exclusive for Red to Black Belts only
(Please wear your full uniform and belt)

FULL UNIFORM

To maintain the integrity and structure of our school,
please wear your **FULL WHITE UNIFORM** during
class from **NOVEMBER** to **APRIL**.