

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Buddy and Family Gym ball Gymnastics & Technical Kick & Mental philosophy & 10 Basic Motion & Etc.	30 Buddy and Family Gym ball Gymnastics & Technical Kick & Mental philosophy & 10 Basic Motion & Etc.	1 Buddy and Family Gym ball Gymnastics & Technical Kick & Mental philosophy & 10 Basic Motion & Etc.	2 Buddy and Family Gym ball Gymnastics & Technical Kick & Mental philosophy & 10 Basic Motion & Etc.	3 Buddy and Family Gym ball Gymnastics & Technical Kick & Mental philosophy & 10 Basic Motion & Etc.	4 Buddy and Family Alberta Open Tournament
6 Sparring Week Fast step Training & Fake kick / step & Counter kick & Light contact Sparring Etc.	7 Sparring Week Fast step Training & Reaction Speed & Counter kick & Light contact Sparring Etc.	8 Sparring Week Fast step Training & Reaction Speed & Counter kick & Light contact Sparring Etc.	9 Sparring Week Fast step Training & Reaction Speed & Counter kick & Light contact Sparring Etc.	10 Sparring Week Fast step Training & Reaction Speed & Counter kick & Light contact Sparring Etc.	11 Sparring Week Fast step Training & Reaction Speed & Counter kick & Light contact Sparring Etc.
13 Self-Defence & Nunchaku Set motion Training & Self-Defence & Nunchaku & Poomsae & Etc	14 Self-Defence & Nunchaku Set motion Training & Self-Defence & Nunchaku & Poomsae & Etc	Self-Defence & Nunchaku Set motion Training & Self-Defence & Nunchaku & Poomsae & Etc	16 Self-Defence & Nunchaku Set motion Training & Self-Defence & Nunchaku & Poomsae & Etc	17 Self-Defence & Nunchaku Set motion Training & Self-Defence & Nunchaku & Poomsae & Etc	18 Self-Defence & Nunchaku Set motion Training & Self-Defence & Nunchaku & Poomsae & Etc
20 Victoria Day Studio will be closed	21 Poomsae Week & Kicking Drill Detail Poomsae & Kicking Challenge & Mental Education & Etc.	22 Poomsae Week & Kicking Drill Detail Poomsae & Kicking Challenge & Mental Education & Etc.	23v Poomsae Week & Kicking Drill Detail Poomsae & Kicking Challenge & Mental Education & Etc.	24 Poomsae Week & Kicking Drill Detail Poomsae & Kicking Challenge & Mental Education & Etc.	25 2024 Champion Challenge – Red Deer Detail Poomsae & Kicking Challenge & Mental Education & Etc.
27 Test Prepare Period All curriculums Mental Philosophy	28 Test Prepare Period All curriculums Mental Philosophy	29 Test Prepare Period All curriculums Mental Philosophy	30 Test Prepare Period All curriculums Mental Philosophy	31 Test Prepare Period All curriculums Mental Philosophy	1 18th Belt Promotion Test

Theme of the Month :

Harmony

Harmony (화목)

In one family, the warm love and trust that blooms from the relationship between parents and children, and husband and wife is deepened based on the family ethics of humanity. Parents grow their children into the right personality through their children's education full of love, and their children become precious members of society and humanity in a healthy manner.

Children reflect the appearance of a family. Since children's healthy growth is based on the couple's harmony and love for their children, raising them properly means maintaining a harmonious marital relationship and strongly trusting their parents. The appearance of a couple maintaining a harmonious relationship is a stable family and an important nourishment for their children's growth.

Mission:

- Say I love you to all family members, and take a video (Ex: Parents, Grandparents, Siblings, Cousins, Aunts, Uncles etc.)
- Writing a letter to your family with gratitude and love.

NOTE

1. **Sparring week** : None contact sparring is for No belt to Yellow belt. Over Orange belt student have to bring your sparring gear!
2. **Buddy & Family week** : You can invite your best friend in your class room and your family to our Family class to learn Taekwondo together!
3. **Nunchaku program** : up to blue belt please bring your Nunchaku if you have it.
4. **Victoria Day** : 20 May, 2024 Our studio will be closed. We hope you to enjoy with you family.
5. **Alberta Open & Champion challenge Tournament** : Team A-one will be there to be a winner!! Please cheer them up!!