



Your Goal is to be a BLACK BELT!!!

**54-10 31st Avenue
Woodside, NY 11377
718-204-1777**

BlackBeltFitnessCenter.Com

Quitters Never Win...

I am Not a Quitter...

Winners Never Quit

I am a Winner!!!

PW (Peewee)

4-6

TE (Teen)

13-17

W-O

White to Orange Belt

W-Y White to Yellow

CH (Child)

7-12

AD (Adult)

18 & Up

G-Blk

Green to Black Belt

O-Blk Orange to Black Belt

Staff

Staff Training

SD/ONE STEP- SELFDEFENSE & ONE STEP SPAR

EFFECTIVE:

02/01/05

2-4 TIMES A WEEK

Day	10:30 – 11:15 PM	11:20-12:05 PM	12:15-1:00 PM	1:05-1:50 PM	4:00-4:45 PM	4:50-5:35 PM	5:40-6:25 PM	6:30-7:15 PM	7:20-8:05 PM	08:10- 8:55PM
Age	ALL AGE		CHILD	ALL AGE	CHILD	CHILD	ALL AGE	ADULT	ADULT	ADULT
Mon					PW/CH W-Y <u>FORMS</u>	PW/CH O-GR <u>FORM</u>	PW/Ch Blue-BLK <u>FORM</u>	TE/AD W-O SD/ONE STEP	TE/AD G-BLK SD/ONE STEP	TE/AD W-BLK HAPKIDO Separate Program
Tue	10:00-11:25 COMBAT JUJITSU	11:40-12:25 TE/AD Hapkido	12:30-01:15 TE/AD ALL BELT		PW/CH BB CLUB CHUN KUHN DO	PW/CH O-GR	PW/CH W-Y	TE/AD G-BLK <u>Form</u>	TE/AD W-O <u>Form</u>	
We					PW/CH W-O <u>Breaking</u>	PW/CH G-BLK <u>Breaking</u>	PW/CH All Belt <u>Breaking</u>	COMBAT JUJITSU Separate Program	TE/AD All Belt <u>Breaking</u>	TE/AD W-BLK HAPKIDO Separate Program
Thu					PW/CH G-BLK	PW/CH W-O	STAFF TRIALS	TE/AD Blue-BLK HAPKIDO	TE/AD ALL BELT SD/ONE STEP	
Fri	10:00-11:25 COMBAT JUJITSU	11:40-12:25 TE/AD Hapkido	12:30-01:15 TE/AD ALL BELT		PW/CH W-O	PW/CH W-BLK <u>Sparring</u>	TE/AD ALL BELT Make-up	STAFF SPECIAL TRAINING	TE/AD W-BLK <u>Sparring</u>	
Sat	PW/CH W-O <u>BREAKING</u>	PW/CH G-BLK <u>BREAKING</u>	TE/AD W-BLK Make-Up	TE/AD W-BLK <u>Sparring</u>	02:00-02:45 TE/AD W-BLK HAPKIDO Separate Program					

Note! School will be closed on all Holidays & other days, we will post closings.