

January 2010 Schedule

HAPPY NEW YEAR!!!

BBC Classes

**Hyung, Techniques (Beg)
Weapons Class (Beg)**

Saturday, January 9th
Saturday, January 23rd

9–11am Dunkirk
9–11am Dunkirk

**Hyung, Techniques (Adv)
Weapons Class (Adv)**

Saturday, January 16th
Saturday, January 23rd

9–11am Dunkirk
9–11am Dunkirk

Black Belt Training

(Black Belts Only!!!)

Friday, January 8th
Friday, January 22nd

7– 9pm Dunkirk
7– 9pm Dunkirk

SBN Marlin's BDay Bash

Friday, January 15th
Saturday, January 16th

7– 9pm Dunkirk
12– 2pm Sportsplex

Demo Team Practice

Saturday, January 9th

11am–1pm Dunkirk

SWAT

Friday, January 29th

7– 9pm Dunkirk

**Maryland Belt Test
Brown Belt Test**

Saturday February 6th
Saturday February 20th

9am- 2pm Dunkirk
12-3pm Sportsplex

Class Schedule

Dunkirk

Baby Dragon (Ages 3-4)

Monday / Wednesday

6:30 – 7:00pm

Adv Kids (Ages 8-12 Brown Belt or Higher)

Monday / Wednesday

7:00 – 8:00pm

Adv Adults (Ages 13 & up Brown Belt or Higher)

Monday / Wednesday

8:00 – 9:00pm

Women's Class (Women Only)

Tuesday / Thursday

9:00 – 10:00am

Tiny Tiger (Ages 5 -7)

Tuesday / Thursday

6:00 – 7:00pm

Beg/Intermediate Children (Ages 8-12 White to Red Belts)

Tuesday / Thursday

7:00 – 8:00pm

Beg/Intermediate Adults (Ages 13 & up White to Red Belts)

Tuesday / Thursday

8:00 – 9:00pm

Open Class (All Ages & Ranks)

Saturday

11am – 12:00pm

Wayne Curry Sportsplex

Children (All Ranks)

Tuesday

7:00– 8:00pm

Adults (All Ranks)

Tuesday

8:00 – 9:00pm

Beginner (Children / Adults)

Saturday

12:00 – 1:00pm

Advanced (Children / Adults)

Saturday

1:00 – 2:00pm

Washington, DC (FLCC)

Family Life Community Center

605 Rhode Island Avenue NE

Monday / Wednesday

Tiny Tigers (Ages 3-6)

6:15 – 7:00pm

Child (Ages 7-12)

7:00 – 8:00pm

Adult (13 & up)

8:00 – 9:00pm

No Classes

Martin Luther King Jr. Day

Monday, January 18th

Please Check the Web Site WWW.KUKSOOLWONWDC.COM For More Class Schedules and Daily Updates