

March 2010 Schedule

<u>D.C. Belt Test</u>	Saturday March 13 th	12-3pm Sportsplex
<u>St. Patrick's Day</u>	Wednesday March 17 th Wear something green to class!!	All Day, All Locations
<u>Kuk Sool Intramural Tournament</u>	Saturday March 27 th	Ask SBN or PSBN for details
<u>BBC Classes</u>		
Hyung, Techniques (Beg/Adv)	Saturday, March 13 th	9–11am Dunkirk
Weapons Class (Beg/Adv)	Saturday, March 20 th	9–11am Dunkirk
<u>Black Belt Training</u> (Black Belts Only!!!)		
	Friday, March 12 th	7– 9pm Dunkirk
	Friday, March 26 th	7– 9pm Dunkirk
<u>S.W.A.T. Team Practice</u>	Friday, March 19 th	7– 8pm Dunkirk
<u>Demo Team Practice</u>	Saturday, March 20 th	11am-12pm Dunkirk

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	Monday / Wednesday	
605 Rhode Island Avenue NE	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

There will be no Saturday Open Classes (11am-12pm) at the Dunkirk Location this month.

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