



ASCENT

TAEKWONDO · HAPKIDO · CQC

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Effective: September 3, 2024

WWW.ASCENTMA.COM

跆拳道青濤館

精神合氣道

<u>MONDAY</u>	4:00-4:50 Children All Belts	5:00-5:50 Junior All Belts		<u>6:30-7:20</u> Adult ALL BELTS
<u>TUESDAY</u>			6:00-6:50 Junior Red - Black Belts	<u>7:00-7:50</u> Adult ALL BELTS
<u>WEDNESDAY</u>	4:00-4:50 Children All Belts	5:00-5:50 Junior All Belts		
<u>THURSDAY</u>	4:00-4:50 Children All Belts	5:00-5:50 Junior Red - Black Belts		<u>6:30-7:20</u> Adult ALL BELTS
<u>FRIDAY</u>	4:00-4:50 Children ALL BELTS	5:00-5:50 Junior ALL BELTS		

Beginner Belts

White
Yellow
Orange
Green
Blue

Advanced Belts

Purple
Brown
Red, I, II, III
Pre-Black
Black

Age Levels for Classes

Children Class – Ages 5 to 9
Junior Class – Ages 10 to 15
Adult Class – Ages 16 and up

Reminders

- *Arrive 5 minutes before class begins.
- *Bring a water bottle
- *Attend 2 classes per week according to rank and age.