



## ACE TAEKWONDO ACADEMY

2283 Argentia Road – Unit 11

Mississauga, Ontario. L5N 5Z2

647-893-4266

[www.ACETKD.ca](http://www.ACETKD.ca)

SCHEDULE EFFECTIVE SEPTEMBER 11, 2011						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 ALL AGES Intermediate	6:00-7:00 ALL AGES Advanced	6:00-7:00 RECREATIONAL SPARRING* All ages / All levels	6:00-7:00 ALL AGES Beginner	6:00-7:00 ALL AGES All belts	11:00-12:00 ALL AGES ** All belts	No scheduled classes. Available for private rental / birthday parties etc. Contact us for details.
7:05 -8:05 RECREATIONAL SPARRING* All ages / All levels	7:05 -8:05 ALL AGES Beginner	7:05 -8:05 ALL AGES Intermediate	7:05 -8:05 ALL AGES Advanced			

\* Available only with premium membership / Sparring equipment is mandatory (see description)

\*\* Saturday classes may be cancelled or modified when we attend competitions. Advance notice will be given.

<p><b>Beginner: White to Yellow (All ages)</b> This class covers the basics of Taekwondo and introduces basic punching, blocking, self defence, kicking and sparring techniques. Classes are also geared towards the tenets of Martial Arts which teach discipline, respect, focus, and self confidence. Time will also be given to practice poomse (forms).</p>	<p><b><u>CLASS SCHEDULE NOTES:</u></b></p> <ul style="list-style-type: none"> <li>We are open during class times only (doors will open approximately 20 minutes before the start of the first class of the evening).</li> <li>We will be closed on statutory holidays, statutory holiday weekends, and over the Christmas holidays from Christmas Eve to New Years Day <u>inclusive</u>.</li> <li>Please do not drop off your children too early or leave them unattended following class</li> <li>Class schedule may be changed occasionally. Members will be given 2-3 weeks advance notice.</li> <li>All members must conform to appropriate uniform code while training.</li> <li>Members must attend the appropriate classes for their level. No exceptions.</li> </ul>
<p><b>Intermediate: Green Stripe to Blue (All ages)</b> This class is the continuation of the beginner level and introduces more advanced techniques, applications, and some recreational sparring. Students will also be expected to lead/assist with warm ups and cool downs. Time will also be given to practice poomse (forms).</p>	
<p><b>Advanced: Red Stripe and Above (All ages)</b> This class is the continuation of the intermediate level and introduces more advanced techniques, applications, and some recreational sparring. Emphasis is placed on developing the student's speed, timing, endurance and strength. Time will also be given to practice poomse (forms).</p>	
<p><b>All Belts: (All ages/all levels)</b> This class provides a chance for everyone to train together regardless of age or level.</p>	
<p><b>Recreational Sparring (Available only with premium membership)</b> All ages and levels are welcome to come to this class, which focuses on sparring drills, strategy, and techniques. This class may provide extra preparation for members participating in competitions at the White-Red Belt levels. <b>*NOTE: Sparring equipment - minimum of chest, arm, shin protection - is mandatory for this class. NO EXCEPTIONS.</b></p>	