

## NEXT BELT RANK TESTING

IS

MONDAY, SEPT 15<sup>TH</sup> AND TUESDAY, SEPT 16<sup>TH</sup>

WE ARE ON A MODIFIED CLASS SCHEDULE FOR BOTH DAYS  
OF BELT RANK TESTING

**BELOW IS THE CLASS SCHEDULE FOR NEXT WEEKS BELT RANK TESTING.**

THIS SCHEDULE IS FOR BOTH MONDAY 9/15 AND TUESDAY 9/16.

**THERE ARE NO** PARKOUR, TUMBLING OR TRICKING CLASSES, THE DAYS OF BELT RANK TESTING.

TAEKWONDO CLASSES FOR **ALL STUDENTS** WILL BE HELD ON MONDAY, 9/15 AND TUESDAY, 9/16,  
ACCORDING TO THE SCHEDULE BELOW.

**THIS APPLIES TO** NEW STUDENTS, STUDENTS TESTING FOR A NEW RANK, AND STUDENTS WHO ARE  
NOT TESTING FOR A NEW RANK.

- RISING STARZ (**RS**) AND RISING STAR ELITES (**RSE**)
  - 4:00PM – 4:30PM
- (**XS**) WHITE, ORANGE, AND YELLOW BELTS
  - 4:30PM – 5:00PM
- (**XS**) CAMO, GREEN, PURPLE, AND BLUE BELTS
  - 5:00PM – 5:45PM
- (**XS**) BROWN, RED, BBC AND BLACK BELTS
  - 5:45PM – 6:30PM

**This is the planned schedule for Tuesday, 9/16. The schedule may be adjusted depending on student attendance and test results from Monday. Please check your email on the morning of Tuesday, 9/16, for any updates.**

## RISING STARZ

(AGES 4.5 TO 6 IN THE 1<sup>ST</sup> CLASS OF EACH DAY)

**WEEK 1 (SEPT. 14<sup>TH</sup>, 2025)**

### MONDAY

- **BELT RANK TESTING DAY 1**
  - THIS TESTING IS FOR **RS** AND **RSE** STUDENTS
    - TESTING IS FROM 4:00PM – 4:30PM

### TUESDAY

- **BELT RANK TESTING DAY 2**
  - THIS TESTING IS FOR **RS** AND **RSE** STUDENTS
    - TESTING IS FROM 4:00PM – 4:30PM

### WEDNESDAY

- TAEKWONDO
  - FUN DAY

### THURSDAY

- TUMBLING

### FRIDAY

- PARKOUR

### SATURDAY

- TAEKWONDO
  - OPEN HAND BASICS
  - SELF-DEFENSE DRILLS

# ALL RSE/XS COLOR BELTS AND BLACK BELTS

**WEEK 1 (SEPT. 14<sup>TH</sup>, 2025)**

## MONDAY

- **BELT RANK TESTING DAY 1**
  - SEE MODIFIED CLASS SCHEDULE FOR TESTING AND CLASS TIMES

## TUESDAY

- **BELT RANK TESTING DAY 2**
  - SEE MODIFIED CLASS SCHEDULE FOR TESTING AND CLASS TIMES

## WEDNESDAY

- FUN DAY

## FRIDAY

- SELF-DEFENSE
  - PARTNER DRILLS AND BAG DRILLS

## SATURDAY

- OPEN HAND BASICS

## SUNDAY

- OPEN PRACTICE
  - 10:00AM – 11:00AM
    - VARIOUS TAEKWONDO ACTIVITIES FOR TESTING AND TOURNAMENT
- OPEN PLAY
  - 11:00AM – 12:00PM