



YOUNG PARK MARTIAL ARTS

Est. 1980 - Home of Former Team Canada Coach & Many Champions



Confidence • Discipline • Respect • Integrity • Focus

FALL CLASS SCHEDULE (FROM SEPT 4, 2018) TEL 905-387-5425 www.youngpark.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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*** For Sparring classes, you must have YOUR OWN SHIN/FOOT GUARDS. Other equipment is optional.**

**** Classes are divided according to your BELT RANK & AGE. Please come to the appropriate classes.**

***** Please arrive at least 5 minutes before your class.**

10:30 - 11:00
ALL BELTS
Ages 3 - 5 ONLY

5:00 - 5:45 WHITE to ORANGE demo practice & conditioning	4:30 - 5:20 ALL BELTS self-defence & 1 Step Sparring	4:30 - 5:20 ALL BELTS Technical Kicking sparring	5:00 - 5:30 ALL BELTS <u>Ages 3 - 5 ONLY</u>	4:30 - 5:20 ALL BELTS weaponry	11:00 - 11:50 WHITE to ORANGE review & character building
5:50 - 6:20 ALL BELTS <u>Ages 3 - 5 ONLY</u>	5:30 - 6:20 WHITE to ORANGE Technical Kicking sparring	5:30 - 6:20 LIGHT BLUE to DARK BLUE Technical Kicking sparring - shin/foot guards	5:30 - 6:20 WHITE to ORANGE self-defense & nunchakus	5:30 - 6:20 LIGHT BLUE to BROWN weaponry	12:00 - 12:50 Family Class All Belts Family Members Only ALL AGES
6:30 - 7:20 LIGHT BLUE to BROWN Technical Kicking sparring	6:30 - 7:20 LIGHT BLUE to BROWN 1-step sparring & nunchakus	6:30 - 7:20 WHITE to ORANGE self-defense & character building	6:30 - 7:20 LIGHT BLUE to BROWN demo practice & conditioning	6:30 - 7:20 WHITE to ORANGE weaponry	1:00 - 1:50 LIGHT BLUE to DARK BLUE review & character building
7:30 - 8:20 RED & UP demo practice & breakfall/conditioning	7:30 - 8:20 RED & UP technical kicking & sparring - shin/foot guards	7:30 - 8:20 DANBO & BLACK ALL AGES	7:30 - 8:20 RED & UP patterns & nunchakus	7:30 - 8:20 RED & UP weaponry	2:00 - 2:45 DANBO & BLACK Age 12 & Under
8:30 - 9:20 JUNIOR & ADULTS conditioning & breakfall	8:30 - 9:20 JUNIOR & ADULTS kendo & nunchakus	8:30 - 9:20 JUNIOR & ADULTS 1-3 step sparring & self-defence	8:30 - 9:20 JUNIOR & ADULTS technical kicking & sparring - shin/foot guards	8:30 - 9:20 JUNIOR & ADULTS weaponry	2:50 - 3:40 DANBO & BLACK Age 13 & Up