



# YOUNG PARK MARTIAL ARTS

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

*Confidence • Discipline • Respect • Integrity • Focus*



FALL CLASS SCHEDULE (FROM April 4th , 2022) 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  
Kindergarten  
Ages 3 - 5 ONLY

5:00 - 5:45 <b>WHITE to ORANGE</b> demo practice & conditioning	4:30 - 5:20 <b>ALL BELTS</b> self-defence	4:30 - 5:20 <b>ALL BELTS</b> Technical Kicking sparring	5:00 - 5:30 Kindergarten <u>Ages 3 - 5 ONLY</u>	4:30 - 5:20 <b>ALL BELTS</b> weaponry	11:00 - 11:50 <b>WHITE to ORANGE</b> review & character building
5:50 - 6:20 Kindergarten <u>Ages 3 - 5 ONLY</u>	5:30 - 6:20 <b>WHITE to ORANGE</b> Technical Kicking sparring	5:30 - 6:20 <b>LIGHT BLUE to RED</b> technical kicking sparring-shin/foot guards	5:30 - 6:20 <b>WHITE to ORANGE</b> self-defense	5:30 - 6:20 <b>LIGHT BLUE to PURPLE</b> weaponry	12:00 - 12:50 <b>LIGHT BLUE to RED</b> review & character building
6:30 - 7:20 <b>LIGHT BLUE to PURPLE</b> Technical Kicking sparring	6:30 - 7:20 <b>LIGHT BLUE to PURPLE</b> self-defence	6:30 - 7:20 <b>WHITE to ORANGE</b> self-defense & character building	6:30 - 7:20 <b>LIGHT BLUE to PURPLE</b> demo practice & conditioning	6:30 - 7:20 <b>WHITE to ORANGE</b> weaponry	1:00 - 1:50 <b>DARK BLUE to BLACK</b> Age 12 & Under
7:30 - 8:20 <b>BROWN &amp; UP</b> self-defence	7:30 - 8:20 <b>BROWN &amp; UP</b> technical kicking & sparring - shin/foot guards	7:30 - 8:20 <b>DARK BLUE to BLACK</b> ALL AGES	7:30 - 8:20 <b>BROWN &amp; UP</b> demo practice & conditioning	7:30 - 8:20 <b>BROWN &amp; UP</b> weaponry	
8:30 - 9:20 <b>JUNIOR &amp; ADULTS</b> self-defence	8:30 - 9:20 <b>JUNIOR &amp; ADULTS</b> technical kicking & sparring - shin/foot guards	8:30 - 9:20 <b>JUNIOR &amp; ADULTS</b> self-defence	8:30 - 9:20 <b>JUNIOR &amp; ADULTS</b> technical kicking & sparring - shin/foot guards	8:30 - 9:20 <b>JUNIOR &amp; ADULTS</b> weaponry	

**EFFECTIVE MONDAY, APRIL 4, 2022**

1) Students must continue wearing a face mask until further notice.

2) Siblings may come to the same class unless their levels are very different - Please ask Master Kim if siblings can attend at the same time.