

Competition Team Training

Team training is on Saturdays from 9am – 11am starting Saturday, February 6th (see calendar for schedule). The cost is \$15 extra per month per student. Training sessions will include conditioning, jogging, sprinting, and resistance training in addition to TKD bag work, drills, sparring, and poomse. Participation in the Team Training is required to compete in TKD tournaments (next one is March 6th).

CALENDAR

February	1 TKD Class	2	3 TKD Class	4	5	6 9am Team Training
7	8 TKD Class	9	10 TKD Class	11	12	13 9am Team Training
14	15 TKD Class	16	17 TKD Class	18	19	20 9am Team Training
21	22 TKD Class	23	24 TKD Class	25	26	27 9am Team Training
28	March 1 TKD Class	2	3 TKD Class	4	5	6 USWC Tourney
7	8 TKD Class	9	10 TKD Class	11	12	13 9am Team Training
14	15 TKD Class	16	17 TKD Class	18	19	20 9am Team Training
21 LMA Open	22 TKD Class	23	24 TKD Class	25	26	27 9am Team Training
28	29 TKD Class	30	31 TKD Class	April 1	2	3 9am Team Training

REQUIRED GEAR:

1. Workout attire for beginning of class (t-shirts, shorts, sweats) both indoor and outdoor
2. Running shoes (outdoor jogging, sprinting)
3. Jump rope (available at Wal-Mart or Fred Meyer)
4. TKD Safety Gear (head, chest, gloves, forearm, shin/instep, mouthpiece, and groin cup (male))
5. Full dobok (you will need to change during class for the rest of training)