



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 LABOUR DAY! NO CLASSES	3	4	5	6	7
8	Poomsae Week					14 Ultimate Taekwondo Championship
15	Sparring Week					21
22	Curriculum Week					28 (NF) Testing
	Stripe Check				(STC) Testing (FE) Testing	
29	Sparring Week					
We wish all Niagara Taekwondo students a year filled with learning, growth, and success as you embark on your new school journey! GOOD LUCK!!						

HAPPY LABOUR DAY!

Our schools are closed on statutory holidays. If your registered class is on the statutory holiday, please check your email for a link to book a make up class. We wish you a Happy Labour Day!

BACK TO SCHOOL PROMOTION!

Enroll by September 30th and unlock incredible savings – waive the \$79 sign-up fee and get a free uniform! Empower your kids with confidence, discipline, and self-defense skills that last a lifetime. Limited time offer!

ULTIMATE TAEKWONDO CHAMPIONSHIP

SEPT 14TH 2024

VENUE: MARKHAM PAN AM CENTRE
16 MAIN ST UNIONVILLE, UNIONVILLE, ON L3R 2E4, CANADA

FOR MORE DETAILS: 905.737.0881
EMAIL: MYUNOSULTIMATEKD@GMAIL.COM

MASTERS: EDWARD FONG, HWANG SUN MYUNG

COLOUR BELT TESTING

Students are eligible for belt promotion when they earn all five stripes and meet the attendance requirement.

Those students who are very close to meeting this eligibility criteria will be added to the testing list and will receive a registration form 2-3 weeks before the testing date.

Please don't hesitate to talk to our instructors if you have any questions regarding the student's progress.

SPARRING WEEK!

Students will learn sparring techniques. If you are Orange Belt and up, please don't forget to bring your equipment to the classes!

Please note that if you are currently White Belt or Yellow Belt, you don't need sparring equipment yet.

Please LABEL all the items in the sparring package. We are not responsible for any lost items!

What are STRIPES?

Students will earn colour stripes when they perform and prove skills that are required for belt promotion. Five different colour stripes needs to be earned to be eligible for belt promotion. Each colour represents different Taekwondo skills and requirements.

- Yellow Stripe for Basic Form
- Red Stripe for Kicks
- Blue Stripe for Poomsae
- Green Stripe for Sparring
- Black Stripe for showing exemplary behaviour