



MACH MARTIAL ARTS

1840 Washington Blvd Fremont CA, 94539 Tel:(510)490-6622 Fax:490-6602
 Web Site: <http://www.ahnstkd.com> E-Mail: machtkd@yahoo.com

Little Tigers & Adult CLASS SCHEDULE 2009. 9 ~

* CLASS DEFINITION *

• LITTLE TIGERS – Class for 9Yrs. & Under ONLY	• Pre-BLACK BELT – Class for Black Belt and 1 st Gup students (Student must know all requirements before attending. Certain number of this class is required for Promotion Test.)
• BEGINNER – Class for Yellow with Orange Stripe & Below	• BLACK BELT - Class for Black Belts ONLY
• INTERMEDIATE – Class for Orange – Green Belt	• DEMO TEAM – Class for Ahn's TKD Demo team ONLY
• ADVANCE – Class for Purple & Brown Belt	• RECOMMENDATION – Class for Red Belt and Up. Student may take this class to get recommended on previous requirements (Required). Must come with a partner!
• SENIOR – Class for Red Belt & Black Stripe	
• MIXED – Class for students of all Ranks	
• TEEN & ADULT – Class for students 14 Yrs. & Up ONLY	
• COMPETITION – Class for students who signed up for ADVANCED Sparring classes to compete in national and international tournaments.	



**GRAND MASTER
JOO-YOUNG, AHN**

MON	TUE	WED	THU	FRI	SAT
4:00 - 4:30pm LITTLE TIGER BEGINNER (White~Purple/Stripe)	4:00 - 4:30pm LITTLE TIGER INTERMEDIATE (Brown/s~Red/Stripe)	4:00 - 4:30pm LITTLE TIGER BEGINNER (White~Purple/Stripe)	4:00 - 4:30pm LITTLE TIGER INTERMEDIATE (Brown/s~Red/Stripe)	4:00 - 4:40pm MIXED (Make-Up)	
	4:40 - 5:10pm LITTLE TIGER ADVANCE (SPAR) (Orange ~ Purple)		4:40 - 5:10pm LITTLE TIGER ADVANCE (Orange ~ Purple)		
4:40 - 5:10pm LITTLE TIGER ADVANCE (SPAR) (Orange ~ Purple)	4:40 - 5:10pm LITTLE TIGER BEGINNER (White~Purple/Stripe)	4:40 - 5:10pm LITTLE TIGER ADVANCE (Orange ~ Purple)	4:40 - 5:10pm LITTLE TIGER BEGINNER (White~Purple/Stripe)	6:30 - 8:00pm COMPETITION	Events & Promotion Tests
5:20 - 5:50pm LITTLE TIGER ADVANCE (SPAR) (Brown & Up)	5:20 - 6:00pm LITTLE TIGER DEMO TEAM	5:20 - 5:50pm LITTLE TIGER ADVANCE (Brown & Up)	5:20 - 5:50pm LITTLE TIGER ADVANCE MIXED		
6:10 - 6:40pm LITTLE TIGER BEGINNER (White~Purple/Stripe)	6:10 - 6:40pm LITTLE TIGER ADVANCE (Orange ~ Purple)	6:10 - 6:40pm LITTLE TIGER BEGINNER (White~Purple/Stripe)	6:10 - 6:40pm LITTLE TIGER ADVANCE (SPAR) (Orange ~ Purple)		
6:50 - 7:20pm Adult Fitness/ Class	6:50 - 7:20pm LITTLE TIGER INTERMEDIATE (Brown/s~Red/Stripe)	6:50 - 7:20pm Adult Fitness/ Class	6:50 - 7:20pm LITTLE TIGER INTERMEDIATE (Brown/s~Red/Stripe)		
8:30 - 9:00pm Adult Fitness/ Class			8:30 - 9:00pm Adult Fitness/ Class		

Children, Men and Women ! Build Up Your Mind & Body With Master Ahn



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REGULAR CLASS SCHEDULE 2009. 9 ~

* CLASS DEFINITION *

- **LITTLE TIGERS** – Class for 9Yrs. & Under ONLY
- **BEGINNER** – Class for Yellow with Orange Stripe & Below
- **INTERMEDIATE** – Class for Orange – Green Belt
- **ADVANCE** – Class for Purple & Brown Belt
- **SENIOR** – Class for Red Belt & Black Stripe
- **MIXED** – Class for students of all Ranks
- **TEEN & ADULT** – Class for students 14 Yrs. & Up ONLY
- **COMPETITION** – Class for students who signed up for ADVANCED Sparring classes to compete in national and international tournaments.
- **Pre-BLACK BELT** – Class for Black Belt and 1st Gup students (Student must know all requirements before attending. Certain number of this class is required for Promotion Test.)
- **BLACK BELT** - Class for Black Belts ONLY
- **DEMO TEAM** – Class for Ahn’s TKD Demo team ONLY
- **RECOMMENDATION** – Class for Red Belt and Up. Student may take this class to get recommended on previous requirements (Required). Must come with a partner!



**GRAND MASTER
JOO-YOUNG, AHN**

MON	TUE	WED	THU	FRI	SAT
4:00 - 4:40pm BEGINNER Beginner ~ Orange stripe Belt		4:00 - 4:40pm BEGINNER Beginner ~ Orange stripe Belt		4:00 - 4:40pm MIXED (Make-Up)	
4:40 - 5:20pm INTERMEDIATE Orange ~ Purple Belt (Sparring)	4:40 - 5:20pm BEGINNER Beginner ~ Orange stripe Belt	4:40 - 5:20pm INTERMEDIATE Orange Belt ~ Purple Belt	4:40 - 5:20pm BEGINNER Beginner ~ Orange stripe Belt	 4:50 - 6:00pm DEMO TEAM	
5:20 - 6:00pm ADVANCE SENIOR Brown ~ Black/Stripe (Sparring)	 5:20 - 6:00pm DEMO TEAM OPENGYM	5:20 - 6:00pm ADVANCE SENIOR Brown ~ Black/Stripe		6:00 - 6:40pm RECOMMENDATION (RED & Up)	Events & Promotion Tests
6:10 - 6:50pm BEGINNER Beginner ~ Orange stripe Belt	6:10 - 6:50pm INTERMEDIATE Orange Belt ~ Green Belt	6:10 - 6:50pm BEGINNER Beginner ~ Orange stripe Belt	6:10 - 6:50pm INTERMEDIATE Orange Belt ~ Green Belt (Sparring)	 6:30 - 8:00pm COMPETITION	
6:50 - 7:30pm ADVANCE Purple ~ Brown Belt	6:50 - 7:30pm Pre- BLACK BELT (Black/White Stripe & up)	6:50 - 7:30pm ADVANCE Purple ~ Brown Belt (Sparring)	6:50 - 7:30pm SENIOR & UP Red Belt & Up (Sparring)		
7:40 - 8:20pm SENIOR (weapon) Red Belt & Up	 7:40 - 8:40pm Pre- BLACK BELT (Black/White Stripe & up)	 7:40 - 8:40pm Black Belt (Black Belt Only)	7:40 - 8:20pm Pre- BLACK BELT (Black/White Stripe & up)		
8:30 - 9:10pm MIXED			8:30 - 9:10pm MIXED		

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