



MACH MARTIAL ARTS SAN RAMON AHN'S TAE KWON DO

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**GRAND MASTER
JOO YOUNG AHN**

● LITTLE TIGERS – Classes for 8 & under students	● MIXED – Classes for all ranks in the regular program
● BEGINNERS – Classes for white ~ yellow/orange stripe belts	● MAKE UP – Classes for students who need to make up a class
● INTERMEDIATE – Classes for orange ~ green belts	● BLACK BELT CLUB – Classes for BBC members of all ages and ranks
● ADVANCED – Classes for purple ~ red belts	● DEMO TEAM – Classes for Demonstration Team members ONLY
● SENIOR – Classes for red/black stripe ~ black belts	● TORCH CLUB – Classes for Torch Club members ONLY
● ADULT – Classes for 14 years old & up of all ranks	● TEAM MACH – Classes for Competition Team members ONLY

Specified classes are for those groups only!!!

CLASS SCHEDULE 1.5.2009.~

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 - 4:50 pm Make Up Class (All Students)	Special Events or Promotion Tests
4:40 - 5:10pm LITTLE TIGER SENIOR (Brown & Up) 	4:40 - 5:10pm LITTLE TIGER ADVANCED (Orange~Purple) 	4:40 - 5:10pm LITTLE TIGER SPARRING DAY (Advanced & up) 	4:40 - 5:10pm LITTLE TIGER SPARRING DAY (Advanced & up) 	5:00 - 5:40pm LEADERSHIP TEAM	
5:15 - 5:55pm BEGINNER Beginner ~ Orange stripe Belt	5:20 - 5:50pm LITTLE TIGER BEGINNER (White~Purple/Stripe) 	5:15 - 5:55pm BEGINNER Beginner ~ Orange stripe Belt	5:20 - 5:50pm LITTLE TIGER BEGINNER (White~Purple/Stripe) 	6:30 - 8:00pm TEAM MACH (Advanced Sparring) *Cross Training with ALL TEAM MACH members from all schools*	  
6:00 - 6:40pm ADVANCED Purple Belt ~ Red Belt	5:55 - 6:35pm INTERMEDIATE Orange Belt ~ Green Belt	6:00 - 6:40pm ADVANCED Purple Belt ~ Red Belts	5:55 - 6:35pm INTERMEDIATE Orange Belt ~ Green Belt		
6:45 - 7:25pm Black Belt Club (Black Belts & BBC members)	6:40 - 7:20pm TORCH CLUB (Sparring Program)	6:45 - 7:25pm LITTLE TIGER DEMO TEAM 	6:40 - 7:20pm DEMO TEAM		
7:30 - 8:10pm SENIOR Red/Black & UP	7:25 - 8:05pm SENIOR Red/Black & Black/White Stripe	7:30 - 8:10pm Pre/Black Belt Black/White Stripes & Black Belts	7:30 - 8:10pm SENIOR Red/Black Stripe & Up		
8:15- 8:55pm ADULT & Mixed			8:15 - 8:55pm ADULT & Mixed		

Build Your Mind & Body With Grand Master Ahn!!!