



Monday A-Day	Tuesday A-Day	Wednesday B-Day	Thursday B-Day	Friday C-Day	Saturday C-Day
	White Yellow & Orange Family 11:30-12:10		Green-up Family 11:30-12:10		All Belt Family 9:00-9:45
	Leadership 12:10-12:40		Leadership 12:10-12:40		Light Contact Sparring 9:45-10:15
White, Yellow & Orange family 4:30-5:10	Green-up Family 12:40-1:20	Green & Up Family 4:30-5:10	White, Yellow & Orange Family 12:40-1:20		Leadership/Hapkido Forms class 10:15-10:45
Leadership 5:10-5:40		Leadership 5:10-5:40	White, Yellow & Orange Family 4:30-5:10		
Green-up Family 5:40-6:20	Green-up Family 4:30-5:10	White, Yellow & Orange Family 5:40-6:20	Leadership 5:10-5:40	All Belt Family 4:30-5:10	
Leadership 6:20-6:50	Leadership 5:10-5:40	Leadership 6:20-6:50	Green-up Family 5:40-6:20	Tricks-camp Leadership 5:10-6:10	
Adult TKD 6:50-7:30	White Yellow & Orange Family 5:40-6:20	Adult TKD 6:50-7:30	Open Floor 6:20-6:30	Competition Class 6:10-7:00	
Leadership Fitness Kickboxing 7:30-8:00	Leadership 6:20-6:50	Leadership Fitness Kickboxing 7:30-8:00	Hapkido Adult Leadership 6:30-7:30		
	Hapkido Adult Leadership 6:50-7:50		Pro-black up <u>7:30-8:10</u> C.I.T. 8:10-9:10		

Our stated mission:

*To empower students and their families through Martial Arts by:*

- Building confidence and self-esteem through goal setting and achievement
- Strengthening the mind and body through focused and disciplined training
- Enhancing community through acts of generosity and compassion
- Inspiring creative leadership and service that empowers others

***“American Dojo is building leaders....  
 One Black Belt at a time!”***

**American Dojo Student Creed:**

*Focus of the mind  
 Strength of the body  
 Honesty of the heart  
 Courage of the spirit....*

*A Black Belt leads  
 A Black Belt serves  
 A Black Belt perseveres....*

**MY GOAL IS BLACK BELT**

*HI YA!!!*