Bozdag Taekwondo Timetable

MON
Pad work & grading practice

- 4:20 - 5:30 — Under 10 years
- 5:40 - 6:50 — Under 12 years
- 7:00 - 8:10 — Under 18 years
- 8:20 - 9:30 — 18 years & over

TUE
Pad work & grading practice

- 4:20 - 5:30 — 7-11 years
- 5:40 - 6:50 — Under 16 years
- 7:00 - 8:10 — 12 years & over
- 8:20 - 9:30 — 16 years & over

WED
Technical sparring & grading practice

- 4:20 - 5:30 — Under 10 years
- 5:40 - 6:50 — Under 12 years
- 7:00 - 8:10 — Under 18 years
- 8:20 - 9:30 — 18 years & over

THU
Pad work & Technical Sparring

- 4:20 - 5:30 — 7-11 years
- 5:40 - 6:50 — Under 16 years
- 7:00 - 8:10 — 12 years & over
- 8:20 - 9:30 — 16 years & over

FRI
Sparring / Poomsae optional

- Poomsae — 4:20 - 5:30 — Under 14 years
- Sparring — 5:30 - 6:40 — Under 14 years
- Sparring — 6:50 - 8:00 — 14 years & over
- Poomsae — 8:00 - 9:30 — 14 years & over

SAT
Little Tigers

- 10:30 - 11:30 — Little Tigers 5-6 years

Belt order and names:

Beginners wear a white belt called 10th Kup, then progress through a series of coloured belts

10th Kup | 9th Kup | 8th Kup | 7th Kup | 6th Kup | 5th Kup | 4th Kup | 3rd Kup | 2nd Kup | 1st Kup | 1st Dan

Full sparring protection is required for the sparring class

- Sparring
- Pad Work
- Grading Practice