



2025 2nd Quarter : March. 24 - June 6

Class Schedule & Events

www.amaa-usa.com

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Important Events

- March 28 ~ March 30.** California State Championship @ Fresno
AMAA closed
- April 5** **OPEN HOUSE!** 11 am - 1 pm
- Demo, fun game, free classes, & prizes for referral!
- April 26** **AAU RUMBLE @ AMAA**
- May 31** **AAU National Qualifier @ Cal Lutheran!**
www.aau-tkd.com
- June 2-6:** Quarterly Belt Test (Color Belts & Step Test)
- June 9 ~ Aug. 8** **SUMMER CAMP BEGINS!** (7 am - 6 pm)
Sign-up deadline May 2025

Program/Classes	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday
Trial & Private	4:30 pm - 5:00 pm 5:00 pm - 5:30 pm	3:30 pm - 4:00 pm	3:30 pm - 4:00 pm 4:00 pm - 4:30 pm	8:30 am / 9 am / 9:30 am
White/White +	4:30 pm - 5:00 pm (Floor B)	<u>3:45 pm - 4:15 pm</u> (Floor B)	<u>3:30 pm - 4:00 pm</u> (Floor A)	Conditioning / Weapon 8:30 am - 9:20 am Sparring Team Conditioning 9:30 am - 10:00 am Poomsae 9:30 am - 10:30 am (color belts) 9:30 am - 11:00 am (black belts) Sparring 11:00 am - 12:30 pm
Yellow/Orange	3:45 pm - 4:30 pm (Floor A)	4:15 pm - 5:00 pm (Floor A & B)	Nunchak I & II 3:30 pm - 4:00 pm Advanced Nunchak 3:30 pm - 4:30 pm	
Purple & Green	3:45 pm - 4:30 pm (Floor A)	4:15 pm - 5:00 pm (Floor A & B)	-----	
Blue, Red & Brown	4:30 pm - 5:30 pm (Floor A)	3:30 pm - 4:30 pm (Floor A & B)	Introd. Sparring (Yellow/Orange) 4:00 pm - 4:45 pm Interm. Sparring (purple & above) 4:00 pm - 5:00 pm Adv. Sparring (Brown & Black Belts) 5:00 pm - 6:30 pm	
MDK Team	4:30 pm - 6:00 pm (B Team) 5:00 pm - 6:30 pm (A Team)	5:00 pm - 6:45 pm (A Team)		
Adults/Teens & Black Belts	6:00 pm - 7:00 pm (white/yellow) 6:00 pm - 7:30 pm (purple & up)	6:30 pm - 7:45 pm (everyone)	6:00 pm - 7:00 pm (everyone)	



AMAA Curriculum Tutorial Videos

Traditional Form for Color Belts

TG 1	Yellow Belt	https://youtu.be/kGHcOz4o_f8
TG 2	Purple	https://youtu.be/6ZHf0fv3M40
TG 3	Purple +	https://youtu.be/0a4aGdkJU6U
TG 4	Green	https://youtu.be/REDW7G5Mxas
TG 5	Blue	https://youtu.be/CQUdofFtISE
TG 6	Red	https://youtu.be/Dp3rcmJxqPo
TG 7	Brown	https://youtu.be/V6X43-o3V0w
TG 8	Brown +	

Dynamic Conditioning & Stretching w/ Chair

(for intermediate to advanced students)

<https://youtu.be/E3ZH-jLYjoQ>

Basic Core Workout for TKD athletes

<https://youtu.be/okCYAyqkHVM>

Beginner's Home Training with Parents (White - Yellow)

<https://youtu.be/0rACNiAnvRQ>

Dummy Bag Kicking Drills for Taekwondo Athletes (Red & Up)

https://youtu.be/3tW98b7_x2Q

& more on the AMAA-USA channel.

<https://www.youtube.com/channel/UCM204PI3YwhY9Zrww5GI0HA>

Traditional Form for Black Belts

Koryo (1st dan)	https://youtu.be/-fJfuu2cr5M
Keung Kang (2nd dan)	https://youtu.be/laVq_OHBdU8
Taebaek (3rd dan)	https://youtu.be/TC9_IUuTkaY
Pyong Won (4th dan)	https://youtu.be/5gzWWywlzcA
Ship Jin (5th dan)	https://youtu.be/j2GrvEuNljl
Ji Tae (6th dan)	https://youtu.be/8kJQJrGx0bl

Taekwondo Sparring Rules

<https://www.youtube.com/watch?v=8-Pl-e8WOTQ>

AMAA on Social Media



Facebook: important announcements

<https://www.facebook.com/groups/32955431831>



Instagram

https://www.instagram.com/amaa_simivalley



TikTok : short training trips and fun highlights

https://www.tiktok.com/@amaa_simi