



2022 2nd Quarter (March 14 - May 27)

Class Schedule & Events

Congratulations to all our new black belts!



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April 2: 10 am - 12 noon!

2nd Quarter

BELT PROMOTIONS

May 23-26

Program/Classes	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday
Trial Lesson	4:30 pm - 5:00 pm	4:15 pm - 4:45 pm	4:30 pm - 5:00 pm	RSVP
White Belt	4:30 pm - 5:15 pm (Floor B)	3:45 pm - 4:30 pm (Floor B)	3:45 pm - 4:30 pm (Floor B)	Privates (RSVP) Weapon 9:00 am - 9:30 am MDK Poomsae 9:30 am - 11:00 am Sparring 11:00 am - 1:00 pm
Yellow/Orange	4:30 pm - 5:15 pm (Floor A)	3:45 pm - 4:30 pm (Floor A)		
Purple / Green	3:45 pm - 4:30 pm (Floor A & B)	4:30 pm - 5:15 pm (Floor A & B)	Weapon 5:15 pm - 5:45 pm (Floor B) Beginners Sparring 4:00 pm - 5:00 pm (Floor A) Advanced Sparring 4:45 pm - 6:15 pm (Floor A) Adult Sparring 6:00 pm - 7:00 pm	
Blue, Red & Brown	3:45 pm - 4:30 pm (Floor A & B)	4:30 pm - 5:15 pm (Floor A & B)		
MDK Team	Demo/Poomsae 5:00 pm - 6:20 pm (everyone) 5:30 pm - 6:20 pm (conditioning)	Sparring 4:30 pm - 5:15 pm (color belts) 5:00 pm - 6:45 pm (black belts)		
Adult/Teens & Black Belt	6:30 pm - 7:30 pm (color belts) 6:30 pm - 8:00 pm (black belts)	6:30 pm - 7:30 pm (color belts) 6:30 pm - 8:00 pm (black belts)		



Tutorial Videos for Students

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/CQUdoxFtISE
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-PI-e8WOTQ>

AMAA on Social Media

Facebook : important announcements

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

Tik Tok : short training trips and fun highlights

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

& we will keep on adding more videos!