



# 2022 2nd Quarter (May 31 - Sept. 2)

## Class Schedule & Events

Taekwondo : [www.amaa-usa.com](http://www.amaa-usa.com)

Learning Center : [www.edu-renaissance.com](http://www.edu-renaissance.com)

Email : [masterkwak@amaa-usa.com](mailto:masterkwak@amaa-usa.com)

Tel. 805-431-1041



Check out our **2022 SUMMER CAMP!**

- fun & dynamic martial arts; parkour and acrobatic
- weekly field trip (beach, movies, bowling, laser tags...)
- outdoor sports (soccer, basketball & more)
- arts & crafts, cooking class

Bring your friend & get a free month

Have fun by training with your friend!

**Summer Break : July 5th - 8th (Closed)**

AMAA will be attending AAU Nationals @ LV

**3rd Quarter  
BELT  
PROMOTIONS**

**August 29 - Setp. 2**

Program/Classes	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday
Trial Lesson	3:45 pm - 4:30 pm (RSVP)	4:15 pm - 4:45 (RSVP)	3:30 - 4:00 pm	RSVP
White/White +	5:15 pm - 5:45 pm (Floor B)	3:30 pm - 4:15 pm (Floor B)	3:30 pm - 4:00 pm (Floor A)	<b>Privates (RSVP)</b> <b>Weapon</b> <b>9:00 am - 9:30 am</b> <b>Adults &amp; MDK Poomsae</b> <b>9:30 am - 11:00 am</b> <b>MDK Sparring</b> <b>11 am - 12:30 pm</b>
Yellow/Orang	4:30 pm - 5:15 pm (Floor A)	3:30 pm - 4:15 pm (Floor A)	3:30 pm - 4:00 pm (Floor A)	
Purple/Green	4:30 pm - 5:15 pm (Floor A & B)	3:30 pm - 4:15 pm (Floor A)	<b>Weapon</b> <b>Beginners Sparring</b> <b>4:00 pm - 5:00 pm</b> (Floor A) <b>Advanced Sparring</b> <b>5:00 pm - 6:00 pm</b> (Floor A) <b>Black Belt Sparring</b> <b>6:00 pm - 7:00 pm</b> (Floor A)	
Blue, Red & Brown	3:45 pm - 4:30 pm (Floor A)	4:15 pm - 5:15 pm (Floor A)		
MDK Team	Demo/Poomsae 5:00 pm - 6:30 pm (everyone)	Sparring 5:15 pm - 7:00 pm (black belts)		
Adult/Teens & Black Belt	6:30 pm - 8:00 pm (all level)	6:45 pm - 8:00 pm (all level)		



## Tutorial Videos for Students

### Traditional Form for Color Belts

TG 1	Yellow Belt	<a href="https://youtu.be/kGHcOz4o_f8">https://youtu.be/kGHcOz4o_f8</a>
TG 2	Purple	<a href="https://youtu.be/6ZHf0fv3M40">https://youtu.be/6ZHf0fv3M40</a>
TG 3	Purple +	<a href="https://youtu.be/0a4aGdkJU6U">https://youtu.be/0a4aGdkJU6U</a>
TG 4	Green	<a href="https://youtu.be/REDW7G5Mxas">https://youtu.be/REDW7G5Mxas</a>
TG 5	Blue	<a href="https://youtu.be/CQUdofxftISE">https://youtu.be/CQUdofxftISE</a>
TG 6	Red	<a href="https://youtu.be/Dp3rcmJxqPo">https://youtu.be/Dp3rcmJxqPo</a>
TG 7	Brown	<a href="https://youtu.be/V6X43-o3V0w">https://youtu.be/V6X43-o3V0w</a>
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](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)	<a href="https://youtu.be/-fJfuu2cr5M">https://youtu.be/-fJfuu2cr5M</a>
Keung Kang (2nd dan)	<a href="https://youtu.be/laVq_OHBdU8">https://youtu.be/laVq_OHBdU8</a>
Taebaek (3rd dan)	<a href="https://youtu.be/TC9_IUuTkaY">https://youtu.be/TC9_IUuTkaY</a>
Pyong Won (4th dan)	<a href="https://youtu.be/5gzWWYwIzCA">https://youtu.be/5gzWWYwIzCA</a>
Ship Jin (5th dan)	<a href="https://youtu.be/j2GrvEuNijl">https://youtu.be/j2GrvEuNijl</a>
Ji Tae (6th dan)	<a href="https://youtu.be/8kJQJrGx0bl">https://youtu.be/8kJQJrGx0bl</a>

### 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](https://www.tiktok.com/@amaa_simi)

& we will keep on adding more videos!