



# 2023 1st Quarter (Jan. 9 - March. 17)

## Class Schedule & Events

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

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

Tel. 805-431-1041



*Congratulations to our new black belts and 2nd and 3rd dan black belts!*

### Dec. 26 - Jan. 6 **WINTER BREAK SCHEDULE**

4:30 - 5:15 pm: White, Yellow, Purple, Green

5:15 - 6:15 pm: Blue, Red, Brown, and Black

6:30 - 8:00 pm: Adults & Teens (Above 13)

**Jan. 27-28** **Picture Day!**

**Feb. 4** *Demo @ Chinese New Year*

**Feb. 11** **PARENTS NIGHT OUT**

**March 13-17** **Belt Promotion Test**

Program/Classes	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday
<b>Trial Lesson</b>	<b>4:30 pm - 5 pm / 5 pm - 5:30 pm</b>	<b>4 pm - 4:30 pm / 4:30 pm - 5 pm</b>	<b>3:30 pm - 4:00 pm</b>	<b>RSVP</b>
<b>White/White +</b>	<b>4:45 pm - 5:30 pm</b> (Floor B)	<b>3:45 pm - 4:30 pm</b> (Floor B)	<b>3:30 pm - 4:00 pm</b> (Floor A)	<b>Private (RSVP)</b> <b>MDK Poomsae &amp; Demo</b> <b>8:30 am - 10:30 am</b> <b>MDK Weapon</b> <b>10:45 - 11:30 am</b> <b>MDK Sparring</b> <b>8:30 am - 10:00 pm</b> <b>10:30 am - 12:00 pm</b> 
<b>Yellow/Orange</b>	<b>4:45 pm - 5:30 pm</b> (Floor A)	<b>3:45 pm - 4:30 pm</b> (Floor A)	<b>3:30 pm - 4:00 pm</b> (Floor A)	
<b>Purple/Green</b>	<b>3:45 pm - 4:30 pm</b> (Floor A & B)	<b>4:30 pm - 5:15 pm</b> (Floor A)	<b>Beginner Weapon 3:30 - 4:00 pm</b> <b>Adv. Weapon 4:00 pm - 4:45 pm</b> ----- <b>Beginner Sparring (purple-green)</b> <b>4:00 pm - 5:00 pm</b> <b>Interm. Sparring (blue-brown)</b> <b>5:00 pm - 6:00 pm</b> --- starts from Feb. 6th --- <b>Adva. Sparring (black belts)</b> <b>6:00 pm - 7:30 pm</b> <b>Adult Sparring (all level)</b> <b>6:00 pm - 7:30 pm</b>	
<b>Blue, Red &amp; Brown</b>	<b>3:45 pm - 4:45 pm</b> (Floor A)	<b>4:30 pm - 5:15 pm</b> (Floor A)		
<b>MDK Team</b>	<b>5:15 pm - 6:30 pm</b> <b>(Demo/Poomsae)</b>	<b>5:15 pm - 6:45 pm</b> <b>(Olympic Sparring)</b>		
<b>Adult/Teens &amp; Black Belt</b>	<b>6:30 pm - 8:00 pm</b> (all level)	<b>6:45 pm - 8:00 pm</b> (all level)		

# AMAA Curriculum Tutorial Videos

## 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/CQUdoxFtISE">https://youtu.be/CQUdoxFtISE</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/5gzWWywlzcA">https://youtu.be/5gzWWywlzcA</a>
Ship Jin (5th dan)	<a href="https://youtu.be/j2GrvEuNljl">https://youtu.be/j2GrvEuNljl</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!