

**Community of Grace(COG) [Riley] Taekwon-Do
Class Schedule
Intermediate Class Schedule**

Week of Quarter	Date	Day	Curriculum			
	01/02/10	Sat.	COG Black Belt / Red Belt Class			
1	01/04/10	Mon.	Breaking			
1	01/07/10	Thurs.	Conditioning			
1	01/09/10	Sat.	State Black Belt Red Belt Class			
2	01/11/10	Mon.	Miscellaneous/Students' Choice			
2	01/14/10	Thurs.	Hand Techniques and Kicks			
2	01/16/10	Sat.	Open			
3	01/18/10	Mon.	Written Test & Step Sparring and Free Sparring			
3	01/21/10	Thurs.	Patterns & review for testing			
3	01/23/10	Sat.	COG Black Belt / Red Belt Class			
4	01/25/10	Mon.	Colored Belt Testing at COG			
4	01/28/10	Thurs.	Breaking			
4	01/30/10	Sat.	Open			
5	02/01/10	Mon.	Conditioning			
5	02/04/10	Thurs.	Miscellaneous/Students' Choice			
5	02/06/10	Sat.	State Black Belt Red Belt Class			
6	02/08/10	Mon.	Hand Techniques and Kicks			
6	02/11/10	Thurs.	Step Sparring and Free Sparring			
6	02/13/10	Sat.	COG Black Belt / Red Belt Class			
7	02/15/10	Mon.	Patterns			
7	02/18/10	Thurs.	Hosin-sul			
7	02/20/10	Sat.	COG Black Belt / Red Belt Class			
8	02/22/10	Mon.	Breaking			
8	02/24/10	Wed	Conditioning			
8	02/27/10	Sat.	Open			
9	03/01/10	Mon.	Miscellaneous/Students' Choice			
9	03/03/10	Wed	Hand Techniques and Kicks			
9	03/06/10	Sat.	Open			
10	03/08/10	Mon.	Step Sparring and Free Sparring			
10	03/11/10	Thurs.	Patterns			
10	03/13/10	Sat.	State Black Belt Red Belt Class			
11	03/15/10	Mon.	Hosin-sul			
11	03/18/10	Thurs.	Breaking			
11	03/20/10	Sat.	Open			
12	03/22/10	Mon.	Conditioning			
12	03/25/10	Thurs.	Miscellaneous/Students' Choice			
12	03/27/10	Sat.	COG Black Belt / Red Belt Class			
13	03/29/10	Mon.	Hand Techniques and Kicks			
13	04/01/10	Thurs.	Step Sparring and Free Sparring			
13	04/03/10	Sat.	COG Black Belt / Red Belt Class			
Spring Qtr. 1	04/05/10	Mon.	Patterns			
1	04/08/10	Thurs.	Hosin-sul			
1	04/10/10	Sat.	State Black Belt Red Belt Class			
2	04/12/10	Mon.	Breaking			
2	04/15/10	Thurs.	Conditioning			
2	04/17/10	Sat.	Open			
3	04/19/10	Mon.	Miscellaneous/Students' Choice			
3	04/22/10	Thurs.	Hand Techniques and Kicks			
3	04/24/10	Sat.	COG Black Belt / Red Belt Class			
4	04/26/10	Mon.	Step Sparring and Free Sparring			
4	04/29/10	Thurs.	Patterns			
NOTES:	1. There may be some holidays that are not shown on which there will be no classes.					