

Community of Grace (COG) [Riley] Taekwon-Do

Class Schedule

Intermediate Class Schedule

Week of Quarter	Date	Day	Curriculum
Winter Qtr. 1	1/2/2012	Mon.	No Class
1	1/5/2012	Thurs.	Breaking
1	1/7/2012	Sat.	COG Black Belt / Red Belt Class
2	1/9/2012	Mon.	Conditioning
2	1/12/2012	Thurs.	Miscellaneous/Students' Choice
2	1/14/2012	Sat.	State Black Belt Red Belt Class (at COG)
3	1/16/2012	Mon.	Hand Techniques and Kicks
3	1/19/2012	Thurs.	Step Sparring and Free Sparring
3	1/21/2012	Sat.	Open
4	1/23/2012	Mon.	Patterns
4	1/26/2012	Thurs.	Hosin-sul
4	1/28/2012	Sat.	Open
5	1/30/2012	Mon.	Colored Belt Testing / Breaking
5	2/2/2012	Thurs.	Conditioning and Sparring
5	2/4/2012	Sat.	COG Black Belt / Red Belt Class
6	2/6/2012	Mon.	Miscellaneous/Students' Choice
6	2/9/2012	Thurs.	Hand Techniques and Kicks
6	2/11/2012	Sat.	State Black Belt Red Belt Class
7	2/13/2012	Mon.	Step Sparring and Free Sparring
7	2/16/2012	Thurs.	Patterns
7	2/18/2012	Sat.	Open
8	2/20/2012	Mon.	Hosin-sul
8	2/23/2012	Thurs.	Breaking
8	2/25/2012	Sat.	COG Black Belt / Red Belt Class
9	2/27/2012	Mon.	Conditioning and Sparring
9	3/1/2012	Thurs.	Miscellaneous/Students' Choice
9	3/3/2012	Sat.	COG Black Belt / Red Belt Class
10	3/5/2012	Mon.	Hand Techniques and Kicks
10	3/8/2012	Thurs.	Step Sparring and Free Sparring
10	3/10/2012	Sat.	State Black Belt Red Belt Class
11	3/12/2012	Mon.	Patterns
11	3/15/2012	Thurs.	Hosin-sul
11	3/17/2012	Sat.	Open
12	3/19/2012	Mon.	Breaking
12	3/22/2012	Thurs.	Conditioning and Sparring
12	3/24/2012	Sat.	COG Black Belt / Red Belt Class
13	3/26/2012	Mon.	Miscellaneous/Students' Choice
13	3/29/2012	Thurs.	Hand Techniques and Kicks
13	3/31/2012	Sat.	COG Black Belt / Red Belt Class
Spring Qtr. 1	4/2/2012	Mon.	Step Sparring and Free Sparring