



August 2025

LEVEL 1 - White Belt to Yellow Stripe Belt
 LEVEL 2 - Yellow Belt to Green Stripe Belt
 LEVEL 3 - Green Belt to Red Stripe Belt
 LEVEL 4 - Red Belt to Black Belts

CLASS SCHEDULE

TIMES	MON	TUE	WED	THU	FRI	SAT
4:15 - 5:00	Level 1 - 2	Level 3 - 4	Level 1 - 2	Level 3 - 4	Level 1 - 4	CLOSED
5:05 - 5:50	Level 1 - 4	Level 1 - 4	Level 1 - 4	Level 1 - 4	Level 1 - 4	CLOSED
6:00 - 6:45	Level 3 - 4	Level 1 - 2	Level 3 - 4	Level 1 - 2	Self Defence Tips Tests 5:55 - 6:25 PM (Canceled if no one arrives by 6:05)	CLOSED
6:50 - 7:35	Level 1 - 4 (Ages 10+)	Level 1 - 4 (Ages 10+)	Level 1 - 4 (Ages 10+)	Level 1 - 4 (Ages 10+)		CLOSED

Upcoming "New Student" Trial Programs

Mondays & Wednesdays at 6:00 PM
 Tuesdays & Thursdays at 6:00 PM

ONLY: \$27.00 +GST

Includes: 1 Private Orientation Lesson, - 2 Weeks of Lessons & a **FREE** - Fire Dragon Uniform

Plus all the information a family would required in order to decide if they wish to enroll into our regular program.

Call or Text us to Book [403-502-2228](tel:403-502-2228)



Birthdays This Month


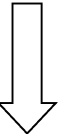
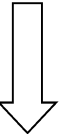

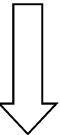


Daniiel	Koskenko	8/5	Denise	Peters	8/16
Alice	Colter	8/10	Aliya	Kapeta	8/17
Adrian	Wallbank	8/11	Olivia	Aganren	8/24
Waylon	Gardiner	8/12	Araya	Goliboski-Neufeld	8/29
JJ	Cridland	8/13	Conor	Whelpley	8/30
Titian	Encinas	8/15	Lane	Hager	8/30

FIRE DRAGON TAEKWONDO

CLASS SCHEDULE

August 2025

SUN	MON	TUE	WED	THU	FRI	SAT
27 Closed	28 Open	29 Open	30 Open	31 Open	Aug 1 Annual Closed 	2 Closed
3 Closed	4 Closed Heritage Day	5 Open	6 Open	7 Open	8 Open	9 Closed POOMSAE SEMINAR 12:30 - 4:30
10 Closed	11 Open	12 Open	13 Open	14 Open	15 Open	16 Closed
17 Closed	18 Open	19 Open	20 Open	21 Open	22 Open	23 Closed
24 Closed	25 Open Belt Test and Progress	26 Open 	27 Open 	28 Open 	29 Open 	30 Closed
31 Closed	1 Closed Labour Day	2 Open NEW CLASS TIMES START SEPT 2nd	3 Open	4 Open	5 Open	6 Open

Belt Test Prep on Friday's

- You must attend at least 1 time, after earning your blue tip, to test for your **Orange (self defense) tip**.

Note: You are coming to Test for **Orange Tip**, not to learn the moves. That should be completed prior to showing up. Video's are available on www.DragonTKD.com under Belt Tests.

- **Also** a space to work on whatever you need to work on
- a chance to ask higher ranks for help with something
- an opportunity to practice helping lower belts

Every Friday at 5:55 (*except on nights we are closed*)



Fri. Aug. 1st



ANNUAL SCHOOL BBQ & Birthday Bash

Location: Kin Coulee Kinette Picnic Shelter
Time: 5:00 to 7:00 PM

We're Grillin' Up An Awesome BBQ And You're Invited! We'll have hot dogs, chips and pop – you bring a tasty side, salad or dessert to share!

Poomsae Seminar

Join us for a **Special Taekwondo Poomsae Seminar** with Master Annie An, fresh from training in Korea with world champions at Taeseong Taekwondo! Discover the latest techniques and training methods to elevate your Poomsae skills.
Perfect for competitors, but open to all!

Date: Saturday, Aug. 9th

Time: 12:30 to 4:30

Cost: \$59

Must be Green Stripe Belt and up
and 9 years old or over!