



# MASTER YOO'S SUMMIT MARTIAL ARTS CENTER EFFECTIVE 12/15/17

621 RIDGE ROAD, MONMOUTH JUNCTION, NJ [www.summittaekwondo.com](http://www.summittaekwondo.com)

CLASS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PEEWEE CLASSES</b>		3:50 – 4:20PM 6:40 – 7:10PM	6:30-7:00PM	6:20- 6:50PM	3:50-4:20PM 6:40 – 7:10PM	3:30-4:00PM 5:10-5:40PM	10:00 - 10:30 AM
<b>CHILDREN CLASSES</b>	<b>PURPLES, REDS, BROWNS &amp; JR. BLACKS</b>	4:20 – 5:00PM	5:00-5:40PM	6:50-7:30PM	5:20-6:00PM	4:20-5:00PM	10:30-11:10AM
	<b>NO, WHITE &amp; YELLOW</b>	5:15-5:55PM	4:10-4:50PM	5:40-6:20PM	6:10-6:40PM	4:20-5:00PM	11:20 – 12:00AM
	<b>ORANGE, GREEN &amp; BLUE</b>	6:00-6:40PM	5:50-6:30PM	4:50-5:30PM	4:30-5:10PM	4:20-5:00PM	11:20 – 12:00AM
	<b>ALL BELTS</b>		5:00-5:40PM	6:50-7:30PM	5:20-6:00PM	4:20-5:00PM	
	<b>SPARRING</b>	6:00-6:40PM	5:50 – 6:30PM			5:40-6:20PM	
	<b>BLACK</b>	6:00-6:40PM	5:00 -5:40PM	4:00-4:40	6:10-6:40PM	6:30-7:15PM	12:10 – 12:50PM
<b>TEEN &amp; ADULTS ALL BELTS</b>		7:20-8:00PM	7:10 – 8:00PM	7:40 – 8:20PM	7:20-8:00PM	6:30-7:15PM	12:50 – 1:30PM (SPARRING & CURRICULUM)
<b>SPECIALTY</b>						LEADERSHIP 7:15 – 7:55PM	BIRTHDAY PARTY 1:40–3:10PM

## Reminders

- Students will attend class with their belt only.
- Students must have their attendance card to enter class.
- Students must be present for two classes a week.
- Students must ask permission to enter class late
- Students must be here at least 10 minutes before class..
- Students must take out their attendance cards before entering class.
- Students should notify the school if missing classes.
- Sparring classes are for orange belt and above only. (Sparring equipment is required.)
- Students must have permission to attend the Olympic Sparring class or be a black belt.



## **SPARRING**

**ALL STUDENTS ARE ELIGIBLE TO ATTEND SPARRING CLASSES ONCE THE ORANGE BELT HAS BEEN ACHIEVED. STUDENTS MUST SPAR AT ALL TESTS ONCE THE JR. BLACK BELT IS ACHIEVED. ASK THE OFFICE FOR MORE DETAILS.**

## **Mental Education**

### **Reading Log**

The reading log is for students to read or to be read to their belt's mental education 4x per week.

**STUDENTS SHOULD PICK UP THEIR NEW MENTAL EDUCATION SHEET IN THE OFFICE AFTER RECEIVING THEIR NEW BELTS!**

## **TESTING**

1. STUDENTS WHO RECEIVE A TESTING PAPER ARE ELIGIBLE TO TEST.
2. FULL UNIFORMS (NO T-SHIRTS) MUST BE WORN FOR TESTS.
3. TEST PAPERS AND FEES MUST BE RETURNED PRIOR TO THE TESTING DAY.

**[www.summittaekwondo.com](http://www.summittaekwondo.com)**

**for additional event information including class schedules, events & more**