

SUN	MON	TUE	WED	THU	FRI	SAT
30 Pattern Sparring B.K B.H Defence A -Basic B-Punch	31	1	2	3	4	5
CLUB CLOSED FROM DEC 23, 2018 TO JAN 2, 2019				CLUB REOPEN		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
SPARRING WEEK						
27	28	29	30	31 TEST REVIEW	1	2 TEST REVIEW
						73 <sup>rd</sup> COLOR BELT TESTING

### CLUB CLOSED

SUN, DEC 23, 2018 ~ WED, JAN 2, 2019

We will be closed for

END OF YEAR HOLIDAYS

Have an amazing & safe holiday and Happy new year!!



On behalf of Master Seo, Master Lee and all of our staff at Dynamic Taekwondo, we thank all our students and their families for making 2018 a great success. We are proud to see everyone training hard and growing as a great martial artist throughout the year. Let us make the new year of 2019 even better! Choose your goals for the year and let's work together to achieve all your goals!

### DYNAMIC TAEKWONDO

## NEW YEAR GOAL SETTING PROJECT!!

- ✓ Set your new year goals **SMART** (Specific Measurable Active Reachable Timed)
- ✓ Get a **GOAL SETTING Sticker** from masters after handing the goal-set card out to us.
- ✓ We will **display** the card to remind you and to make witnesses for a month (Until the end of January, 2019). Then, we will keep it until the end of year.
- ✓ **Keep on trying** to reach your goals.
- ✓ Prove us that you accomplish goals after **November, 2019**.
- ✓ Get a certificate and an award if you achieve your goal!! (At the end of year party at Dynamic Taekwondo)

### 73<sup>RD</sup> DYNAMIC TKD BELT TEST

**SATURDAY, FEBRUARY 2, 2019**

**Tiger Tots & Jr. White -Yellow: 1:30pm - 2:30pm**

**Jr. Green st - Black st: 2:45pm - 4:15pm**

**All Teens & Adults: 4:30pm - 5:15pm**

When there is **HEAVY SNOW**, please check our **NOTICE** on **FACEBOOK PAGE, WEBSITE AND APP**. We will also email everyone in case of School Closure.

Dynamic TKD may CLOSE due to heavy snowstorm for your safety.

[www.facebook.com/DynamictkdCanada](http://www.facebook.com/DynamictkdCanada)

[www.canadatkd.com](http://www.canadatkd.com)

**CHECK OUR APP NOTIFICATION TOO!!**



To maintain the integrity and structure of our school, for the months of **November to April**, students must dress in **FULL UNIFORM** when attending the class.