



Waldorf Martial Arts Class Schedule Effective September 7, 2021

- > **TARDINESS IS NOT TOLERATED.** PLEASE ARRIVE 10 MINUTES EARLY FOR YOUR CLASS SO YOU WILL BE ON TIME.
- > **TO SEE PROGRESS, ATTEND CLASS CONSISTANTLY AT LEAST 2 TIMES A WEEK; ONE A-DAY AND ONE B-DAY.**
- > **PRACTICE AT HOME TWICE A WEEK FOR AT LEAST 30 MINUTES. SUCCESS IS A RESULT OF DILLIGENCE.**

TO JOIN ONLINE ZOOM CLASS: Click on the hyperlink to the class you want to attend and, when prompted, enter the class ID.

- **Taekwondo students should** attend one **A-Day** & one **B-day** a week. Missed classes should be made up. **A-Days:** Forms & self-defense. **B-Days:** Sparring.
- **Order of Lil' Dragons Belt Colors:** White, Orange Stripe, Yellow Stripe, Green Stripe, Blue Stripe, Purple Stripe, Brown Stripe, Red Stripe, & Black Stripe.
- **Order of Taekwondo Belt Colors:** White, White/Orange, Orange, Yellow, Green, Blue, Blue/Purple, Purple, Brown, Red, Red/Black, Black.
- **Taekwondo Stripe Testing** – 2nd full week of each month. Stripe Testing is done on Monday, Tuesday, & Saturday during regular class times. Students are required to Stripe-Test every Month. The Stripe-Test is a progress review, evaluating students on what they are learning.
- **Taekwondo Belt Testing** is held on the last Sat. of the month. The Belt Test is like a “final” exam, grading student on everything required to be promoted to the next Belt.
- **Closings due to weather:** Call WMA to find out about closing.

DAY AND TIME	CLASS TITLE	ZOOM HYPERLINK	CLASS ID
MONDAY	FORMS – A-DAY		
11:00 am – 12:00 pm	All ranks, Adults & Black Belts	NO ZOOM AVAILABLE	
5:30 pm – 6:00 pm	Lil' Dragons-Beginner (white & orange stripe belts)	https://us02web.zoom.us/j/83899822207	838 9982 2207
6:00 pm – 6:30 pm	Lil' Dragons-Advanced (yellow to black stripe belts)	https://us02web.zoom.us/j/88055149055	880 5514 9055
6:30 pm – 7:15 pm	White/Orange to Yellow Belt	https://us02web.zoom.us/j/83232309519	832 3230 9519
7:15 pm – 8:00 pm	Green to Purple Belt	https://us02web.zoom.us/j/85499754577	854 9975 4577
TUESDAY	FORMS – A-DAY		
5:30 pm – 6:00 pm	Lil' Dragons-Advanced (yellow to black stripe belts)	https://us02web.zoom.us/j/88055149055	880 5514 9055
6:00 pm – 6:30 pm	Lil' Dragons-Beginner (white & orange stripe belts)	https://us02web.zoom.us/j/83899822207	838 9982 2207
6:30 pm – 7:00 pm	White Belt	https://us02web.zoom.us/j/84818978419	848 1897 8419
7:00pm – 7:45 pm	Brown to Black Belt	https://us02web.zoom.us/j/85359022	853 5902 2116
7:45 pm – 8:30 pm	Teen & Adult Class-ALL RANKS-FORMS	NO ZOOM AVAILABLE	
WEDNESDAY	SPARRING – B-DAY		
11:00 am – 12:00 pm	All ranks, Adults & Black Belts		
5:30 pm – 6:00 pm	Lil' Dragons-Beginner (white & orange stripe belts)	https://us02web.zoom.us/j/83899822207	838 9982 2207
6:00 pm – 6:30 pm	Lil' Dragons-Advanced (yellow to black stripe belts)	https://us02web.zoom.us/j/88055149055	880 5514 9055
6:30 pm – 7:15 pm	White/Orange to Yellow Belt	https://us02web.zoom.us/j/83232309519	832 3230 9519
7:15 pm – 8:00 pm	Green to Black Belt (sparring gear required)	https://us02web.zoom.us/j/89859931648	898 5993 1648
THURSDAY	SPARRING – B-DAY		
5:30 pm – 6:00 pm	Lil' Dragons-Advanced (yellow to black stripe belts)	https://us02web.zoom.us/j/88055149055	880 5514 9055
6:00 pm – 6:30 pm	Lil' Dragons-Beginner (white & orange stripe belts)	https://us02web.zoom.us/j/83899822207	838 9982 2207
6:30 pm – 7:00 pm	White Belt	https://us02web.zoom.us/j/84818978419	848 1897 8419
7:00 pm – 7:45 pm	Elite Team Weapons Class -Green to Black Belt	https://us02web.zoom.us/j/82291730515	822 9173 0515
7:45 pm – 8:30 pm	Teen & Adult Class-ALL RANKS-SPARRING; gear required	NO ZOOM AVAILABLE	
FRIDAY	SPARRING – B-DAY		
5:30 pm – 6:00 pm	White Belt	https://us02web.zoom.us/j/88046978016	880 4697 8016
6:00 pm – 6:45 pm	White/Orange to Yellow Belt	https://us02web.zoom.us/j/86038005751	860 3800 5751
6:45 pm – 7:30 pm	Green to Black Belt (sparring gear required)	https://us02web.zoom.us/j/87419154280	874 1915 4280
SATURDAY	FORMS – A-DAY		
9:30 am – 10:00 am	White Belt	NO ZOOM AVAILABLE	
10:00 am – 10:45 am	White/Orange to Yellow to Belt	NO ZOOM AVAILABLE	
10:45 am – 11:30 am	Green to Purple Belt	NO ZOOM AVAILABLE	
11:30 am – 12:15 pm	Elite Team Weapons Class -Green to Black Belt	NO ZOOM AVAILABLE	
12:15 pm – 1:15 pm	Brown to Black Belt	NO ZOOM AVAILABLE	