



## 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** – 2<sup>nd</sup> 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      |
|---------------------|---|---|---------------|
| <b>MONDAY</b>       | <b>FORMS – A-DAY</b>  |   |               |
| 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)             | <a href="https://us02web.zoom.us/j/87688264505">https://us02web.zoom.us/j/87688264505</a> | 876 8826 4505 |
| 6:00 pm – 6:30 pm   | Lil' Dragons-Advanced (yellow to black stripe belts)            | <a href="https://us02web.zoom.us/j/89975731793">https://us02web.zoom.us/j/89975731793</a> | 899 7573 1793 |
| 6:30 pm – 7:15 pm   | White/Orange to Yellow Belt                                     | <a href="https://us02web.zoom.us/j/83232309519">https://us02web.zoom.us/j/83232309519</a> | 832 3230 9519 |
| 7:15 pm – 8:00 pm   | Green to Purple Belt  | <a href="https://us02web.zoom.us/j/85499754577">https://us02web.zoom.us/j/85499754577</a> | 854 9975 4577 |
| <b>TUESDAY</b>      | <b>FORMS – A-DAY</b>  |   |               |
| 5:30 pm – 6:00 pm   | Lil' Dragons-Advanced (yellow to black stripe belts)            | <a href="https://us02web.zoom.us/j/88055149055">https://us02web.zoom.us/j/88055149055</a> | 880 5514 9055 |
| 6:00 pm – 6:30 pm   | Lil' Dragons-Beginner (white & orange stripe belts)             | <a href="https://us02web.zoom.us/j/83899822207">https://us02web.zoom.us/j/83899822207</a> | 838 9982 2207 |
| 6:30 pm – 7:00 pm   | White Belt  | <a href="https://us02web.zoom.us/j/84818978419">https://us02web.zoom.us/j/84818978419</a> | 848 1897 8419 |
| 7:00pm – 7:45 pm    | Brown to Black Belt   | <a href="https://us02web.zoom.us/j/85359022">https://us02web.zoom.us/j/85359022</a>       | 853 5902 2116 |
| 7:45 pm – 8:30 pm   | <b>Teen &amp; Adult Class-ALL RANKS-FORMS</b>                   | NO ZOOM AVAILABLE   |               |
| <b>WEDNESDAY</b>    | <b>SPARRING – B-DAY</b>   |   |               |
| 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)             | <a href="https://us02web.zoom.us/j/87688264505">https://us02web.zoom.us/j/87688264505</a> | 876 8826 4505 |
| 6:00 pm – 6:30 pm   | Lil' Dragons-Advanced (yellow to black stripe belts)            | <a href="https://us02web.zoom.us/j/89975731793">https://us02web.zoom.us/j/89975731793</a> | 899 7573 1793 |
| 6:30 pm – 7:15 pm   | White/Orange to Yellow Belt                                     | <a href="https://us02web.zoom.us/j/83232309519">https://us02web.zoom.us/j/83232309519</a> | 832 3230 9519 |
| 7:15 pm – 8:00 pm   | <b>Green to Black Belt (sparring gear required)</b>             | <a href="https://us02web.zoom.us/j/89859931648">https://us02web.zoom.us/j/89859931648</a> | 898 5993 1648 |
| <b>THURSDAY</b>     | <b>SPARRING – B-DAY</b>   |   |               |
| 5:30 pm – 6:00 pm   | Lil' Dragons-Advanced (yellow to black stripe belts)            | <a href="https://us02web.zoom.us/j/88055149055">https://us02web.zoom.us/j/88055149055</a> | 880 5514 9055 |
| 6:00 pm – 6:30 pm   | Lil' Dragons-Beginner (white & orange stripe belts)             | <a href="https://us02web.zoom.us/j/83899822207">https://us02web.zoom.us/j/83899822207</a> | 838 9982 2207 |
| 6:30 pm – 7:00 pm   | White Belt  | <a href="https://us02web.zoom.us/j/84818978419">https://us02web.zoom.us/j/84818978419</a> | 848 1897 8419 |
| 7:00 pm – 7:45 pm   | <b>Elite Team Weapons Class -Green to Black Belt</b>            | <a href="https://us02web.zoom.us/j/82291730515">https://us02web.zoom.us/j/82291730515</a> | 822 9173 0515 |
| 7:45 pm – 8:30 pm   | <b>Teen &amp; Adult Class-ALL RANKS-SPARRING; gear required</b> | NO ZOOM AVAILABLE   |               |
| <b>FRIDAY</b>       | <b>SPARRING – B-DAY</b>   |   |               |
| 5:30 pm – 6:00 pm   | White Belt  | <a href="https://us02web.zoom.us/j/88046978016">https://us02web.zoom.us/j/88046978016</a> | 880 4697 8016 |
| 6:00 pm – 6:45 pm   | White/Orange to Yellow Belt                                     | <a href="https://us02web.zoom.us/j/86038005751">https://us02web.zoom.us/j/86038005751</a> | 860 3800 5751 |
| 6:45 pm – 7:30 pm   | <b>Green to Black Belt (sparring gear required)</b>             | <a href="https://us02web.zoom.us/j/87419154280">https://us02web.zoom.us/j/87419154280</a> | 874 1915 4280 |
| <b>SATURDAY</b>     | <b>FORMS – A-DAY</b>  |   |               |
| 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 | <b>Elite Team Weapons Class -Green to Black Belt</b>            | NO ZOOM AVAILABLE   |               |
| 12:15 pm – 1:15 pm  | Brown to Black Belt   | NO ZOOM AVAILABLE   |               |