



Waldorf Martial Arts Class Schedule Effective 7/18/2025

> **PLEASE TRY TO BE ON TIME FOR YOUR CLASS.**

> **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.**

- **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:** Usually the last week of the month. Stripe Testing is done on Monday, Tuesday, & Friday (make-up) 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:** For White to Yellow Belts, Belt Testing is held during Stripe Testing for those eligible to be promoted to the next rank. For Green Belt to Red/Black Belt, Belt Testing is usually held on the last Saturday 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	All ranks, Adults & Black Belts	NO ZOOM AVAILABLE	
5:30 pm – 6:00 pm	Lil' Dragons-Beginner	https://us02web.zoom.us/j/89326406202	89326406202
6:00 pm – 6:30 pm	Lil' Dragons-Advanced- attendance by invitation		
6:00 pm – 6:30 pm	Tigers (Dragon Black Belts not yet 7 w/ 8 Stripes)		
6:30 pm – 7:00 pm	White Belt		
7:00 pm – 7:45 pm	Yellow Belt & Green Belt		
7:45 pm - 8:30 pm	Blue Belt to Purple Belt		
TUESDAY	FORMS – A-DAY		
5:30 pm – 6:00 pm	Lil' Dragons-Advanced (attendance by invitation)	https://us02web.zoom.us/j/89326406202	89326406202
6:00 pm – 6:30 pm	Lil' Dragons-Beginner		
6:30 pm – 7:15 pm	White/Orange Belt & Orange Belt		
7:15pm – 8:00 pm	Brown Belt to Black Belt		
8:00 pm – 9:00 pm	Teen & Adult Class-ALL RANKS		
WEDNESDAY	SPARRING – B-DAY		
11:00 am – 12:00	All ranks, Adults & Black Belts	NO ZOOM AVAILABLE	
5:30 pm – 6:00 pm	Lil' Dragons-Beginner	https://us02web.zoom.us/j/89326406202	89326406202
6:00 pm – 6:30 pm	Lil' Dragons-Advanced attendance by invitation		
6:00 pm – 6:30 pm	Tigers (Dragon Black Belts not yet 7 w/ 8 Stripes)		
6:30 pm – 7:00 pm	White Belt		
7:00 pm – 7:45 pm	Orange Belt to Yellow-Belt		
7:45 pm - 8:30 pm	Green Belt to Black Belt (sparring gear required)		
THURSDAY	SPARRING – B-DAY		
5:30 pm – 6:00 pm	Lil' Dragons-Advanced- attendance by invitation	https://us02web.zoom.us/j/89326406202	89326406202
6:00 pm – 6:30 pm	Lil' Dragons-Beginner		
6:30 pm – 7:15 pm	White/Orange Belt		
7:15pm – 8:00 pm	Elite Team Weapons Class -Green to Black Belt		
8:00 pm – 9:00 pm	Teen & Adult Class-ALL RANKS		
FRIDAY	SPARRING – B-DAY		
6:00 pm – 6:45 pm	White Belt to Yellow Belt	No competition team class	
6:45 pm – 7:45 pm	Green Belt to Black Belt (sparring gear required)		
SATURDAY	FORMS – A-DAY	NO ZOOM ON SATURDAY'S	
9:30 am – 10:00 am	White Belt		
10:00 am – 10:45	White/Orange to Yellow to Belt		
10:45 am – 11:30	Green Belt to Purple Belt		
11:30 am – 12:15	Elite Team Weapons Class -Green to Black Belt		
12:15 pm—1:00 pm	Brown Belt to Red/Black Belt		
1:00 pm – 1:45 pm	Black Belt		