

# KMAC 2017 PROGRAM SCHEDULE

Tiny Tigers (3 – 6 years old)	
Monday	4:00pm – 4:45pm
Tuesday	3:15pm – 4:00pm & 6:00pm – 6:45pm
Wednesday	4:00pm – 4:45pm
Thursday	3:15pm – 4:00pm & 6:00pm – 6:45pm
Friday	<b>NO CLASSES SCHEDULED</b>
Saturday	12:00pm – 1:00pm

Junior Competition Sparring	
Monday	4:00pm – 5:45pm
Tuesday	<b>NO CLASSES SCHEDULED</b>
Wednesday	4:00pm – 5:45pm
Thursday	<b>NO CLASSES SCHEDULED</b>
Friday	4:00pm – 5:45pm
Saturday	<b>NO CLASSES SCHEDULED</b>

Senior Competition Sparring	
Monday	<b>NO CLASSES SCHEDULED</b>
Tuesday	7:00pm – 9:00pm
Wednesday	<b>NO CLASSES SCHEDULED</b>
Thursday	<b>NO CLASSES SCHEDULED</b>
Friday	7:00pm – 9:00pm
Saturday	<b>NO CLASSES SCHEDULED</b>

Junior Dragons (7 - 11 years old)	
Monday	4:45pm – 5:30pm
Tuesday	4:00pm – 5:00pm & 5:00pm – 6:00pm
Wednesday	4:45pm – 5:30pm
Thursday	4:00pm – 5:00pm & 5:00pm – 6:00pm
Friday	<b>NO CLASSES SCHEDULED</b>
Saturday	10:00am – 11:00am

Taekwondo & Hapkido (Teens & Adults)	
Monday	5:45pm – 7:30pm
Tuesday	<b>NO CLASSES SCHEDULED</b>
Wednesday	5:45pm – 7:30pm
Thursday	<b>NO CLASSES SCHEDULED</b>
Friday	5:45pm – 7:30pm
Saturday	12pm – 1:00pm

Tai Chi	
Saturday	9:00am – 10:00am
Sunday	10:00am – 11:00am

Yong Mu Do (MMA)	
Thursday	6:45pm – 9:15pm

Weapons Training (Invitation Only)	
Monday	7:30pm – 9:30pm
Tuesday	<b>NO CLASSES SCHEDULED</b>
Wednesday	7:30pm – 9:30pm
Thursday	<b>NO CLASSES SCHEDULED</b>
Friday	<b>NO CLASSES SCHEDULED</b>
Saturday	<b>NO CLASSES SCHEDULED</b>



## KMAC Student Etiquette

(Students are required to adhere by these rules while present in the Dojang.)

- Leave your ego outside of the school.
- Arrive 10-15 minutes prior to scheduled class.
- Keep uniforms neat, clean and odor free.
- Quietly prepare for class. (Do not disturb class in session!)
- Always show respect to your instructors and fellow students.
- Always be well mannered, behave properly and remind guests to do the same.
- Attend class on a regular and consistent basis.
- Show proper effort and good spirit in class.
- Practice and exercise at home for better results.
- Memorize and apply the student creed.
- Develop and maintain a positive, well-disciplined attitude.
- Clean up your water bottles.
- Store shoes, backpacks & books properly.