

# U.S. TAE KWON DO MARTIAL ARTS ACADEMY



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## Leesburg Class Schedule 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:00 – 12:50 All Belt Levels & All Ages		12:00 – 12:50 All Belt Levels & All Ages		8:00 – 10:00 C-Crew Competition Team Indoor Practice
4:00 – 4:50 Children's Class Advanced Level Orange Belts & Higher	4:00 – 4:50 Children's Class All Belt Levels	4:00 – 4:50 Children's Class Beginner Level White & Yellow Belts	4:00 – 4:50 Children's Class Advanced Level Orange Belts & Higher	4:00 – 4:50 Children's Class All Belt Levels	10:00 – 12:00 C-Crew Competition Team Outdoor Practice
5:00 – 5:50 Children's Class Beginner Level White & Yellow Belts	5:00 – 5:50 Children's Class All Belt Levels	4:15 – 5:15 Super Junior Competition Team Indoor Practice	5:00 – 5:50 Children's Class Beginner Level White & Yellow Belts	5:00 – 5:50 Children's Class Weapons & Sparring (Kyorugi) Advanced Level Orange Belts & Higher	10:00 – 11:30 Super Junior Competition Team Outdoor Practice
6:00 – 6:50 Adult Class Advanced Level Orange Belts & Higher	6:00 – 6:50 Adult Class Beginner Level White & Yellow Belts	5:00 – 5:50 Children's Class Advanced Level Weapons & Sparring (Kyorugi) Orange Belts & Higher	6:00 – 6:50 Adult Class Beginner Level White & Yellow Belts	4:15 – 5:15 Super Junior Competition Team Indoor Practice	10:00 – 10:50 All Belts & All Ages
6:00 – 6:50 Adult Class Sparring (Kyorugi) Orange Belts & Higher	6:00 – 6:50 H.I.T. Class Sports Conditioning Advanced Level	6:00 – 6:50 Adult Class Advanced Level Orange Belts & Higher	6:00 – 6:50 H.I.T. Class Sports Conditioning Advanced Level	6:00 – 7:30 C-Crew Competition Team Indoor Practice for B Team	11:00 – 11:50 All Belt Levels & All Ages
7:00 – 7:50 Instructor Class	7:00 – 7:50 All Belt Levels & All Ages	7:00 – 8:00 C-Crew Competition Team Indoor Practice	7:00 – 7:50 All Belt Levels & All Ages	7:30 – 9:00 C-Crew Competition Team Indoor Practice for A Team	12:00 – 12:50 Open Mat Training
8:00 – 8:50 Hap Ki Do		7:00 – 7:50 Hap Ki Do			

### Self Confidence. Self Discipline. Self Respect.

We study taekwondo to improve our confidence, discipline and respect. Through regular attendance, home study, nutrition and rest, we build athletes who are physically, mentally and spiritually strong. To make the most of your USTMA experience, we recommend the following:

- Receive and read USTMA communications. Sign up for USTMA's Community & emails through the website.
- Attend a minimum of 2 classes per week. 14 classes are required prior to candidacy for belt promotion.
- Demonstrate respect for your instructor by arriving on time and with a positive attitude ready to learn.
- Demonstrate respect for the rules of the dojang by removing shoes and placing on the shelves. Shoes are not allowed in the dojang.
- Always bow upon entrance and exiting the dojang. Face the flags and bow from the waist.
- Remember to study your handbook and be ready for all portions of belt testing: sparring, oral testing, board breaking, belt level form and kicking.