



Program schedule for November

www.a-onetkd.com

EFFECTIVE from November 01, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Buddy and Family Obstacle Training & Continuous kick & Fast reaction kick & Multi-Directional kick Etc.	29 Buddy and Family Obstacle Training & Continuous kick & Fast reaction kick & Multi-Directional kick Etc.	30 Buddy and Family Obstacle Training & Continuous kick & Fast reaction kick & Multi-Directional kick Etc.	31 Halloween Day Special class By Reservation 3pm ~ 6pm Regular Class will be Canceled	1 Buddy and Family Obstacle Training & Continuous kick & Fast reaction kick & Multi-Directional kick Etc.	2 Buddy and Family Obstacle Training & Continuous kick & Fast reaction kick & Multi-Directional kick Etc.
4 Sparring Week Step Ladder Training & Power Kick with Band & Step Training & Target Sparring & Contact Sparring Etc.	5 Sparring Week Step Ladder Training & Power Kick with Band & Step Training & Target Sparring & Contact Sparring Etc.	6 Sparring Week Step Ladder Training & Power Kick with Band & Step Training & Target Sparring & Contact Sparring Etc.	7 Sparring Week Jump Rope & Kicking with Step Box & Step Training & Side cut / Back kick & Contact Sparring Etc.	8 Sparring Week Jump Rope & Kicking with Step Box & Step Training & Side cut / Back kick & Contact Sparring Etc.	9 Sparring Week Jump Rope & Kicking with Step Box & Step Training & Side cut / Back kick & Contact Sparring Etc.
11 Remembrance Day Studio will be CLOSED	12 Self-Defence & Kicking Drill Tabata Training & Basic Self - Defence & Kicking Alignment training & Music Poomsae	13 Self-Defence & Kicking Drill Tabata Training & Basic Self - Defence & Kicking Alignment training & Music Poomsae	14 Self-Defence & Nunchaku Stamina Training & Self-Defence / One step Sparring & Nunchaku & Music Poomsae	15 Self-Defence & Nunchaku Stamina Training & Self-Defence / One step Sparring & Nunchaku & Music Poomsae	16 Self-Defence & Nunchaku CALGARY OPEN CHAMPIONSHIP Studio will be OPEN
18 Test Prepare Period All curriculums Mental Philosophy 10 Basic motions & Kicking Combination & Board breaking & Poomsae	19 Test Prepare Period All curriculums Mental Philosophy 10 Basic motions & Kicking Combination & Board breaking & Poomsae	20 Test Prepare Period All curriculums Mental Philosophy 10 Basic motions & Kicking Combination & Board breaking & Poomsae	21 Test Prepare Period All curriculums Mental Philosophy 10 Basic motions & Kicking Combination & Board breaking & Poomsae	Test Prepare Period All curriculums Mental Philosophy 10 Basic motions & Kicking Combination & Board breaking & Poomsae	23 Test Prepare Period 44th Belt Promotion Test
25 Buddy and Family TKD Gymnastic & Self - Defence & Punch Combination & Candle Training & Mental philosophy	26 Buddy and Family TKD Gymnastic & Self - Defence & Punch Combination & Candle Training & Mental philosophy	27 Buddy and Family TKD Gymnastic & Self - Defence & Punch Combination & Candle Training & Mental philosophy	28 Buddy and Family Team work Mission & 10 Basic Motion & Blocking / Evade training & Technic Survivor Match & Mental philosophy	29 Buddy and Family Team work Mission & 10 Basic Motion & Blocking / Evade training & Technic Survivor Match & Mental philosophy	30 Buddy and Family Team work Mission & 10 Basic Motion & Blocking / Evade training & Technic Survivor Match & Mental philosophy

Theme of the Month :

Beginner's mindset (초심)

Every plan is completed by execution. However, no matter how well you execute your plan, trial and error will always be an issue, and things often won't work out as you want.

If you made a plan two months ago and put it into action last month, but it didn't go your way, you may lose the commitment and will you had at first.

Investigate, review, and get feedback on the aspects that weren't done right in the planning and execution process, and strengthen your skills more robustly by addressing your shortcomings.

This process can help you stay grounded and improve by correcting your initial intentions and re-establishing and implementing your plans.

Whether your plan is in progress or has failed, get feedback from your mentor, modify your approach, and enhance your skills!

Mission:

- Get feedback on my training plan from the master and parents
- Using feedback to supplement my plan
- Try and review revised plans

NOTE

1. **Buddy & Family week** : You can invite your best friend in your class room and your family to our Family class to learn Taekwondo together!
2. **Sparring week** : None contact sparring is for No belt to Yellow belt. Over Orange belt student have to bring your sparring gear!
3. **CALGARY Championship** : 16th Nov will be Tournament! **Studio will be OPEN!**
4. **Nunchaku program** : Up to blue belt please bring your Nunchaku if you have it.
5. **Remembrance Day** : 11th November, Our studio will be closed.
6. **Halloween Day** : 31st Oct will be Halloween special class. Only those who made a reservation can participate.