



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
<b>Sparring Week</b>						
12	13	14	15	16	17	18
						<b>Black Belt Prep Class #1</b>
19	20	21	22	23	24	25
<b>Victoria Day</b> NO CLASSES		<b>Stripe Check</b>			<b>(STC) Testing</b>	<b>Black Belt 5k Run</b>
					<b>(FE) Testing</b>	<b>Black Belt Prep Class #2</b>
						<b>(NF) Testing</b>
26	27	28	29	30	31	
<b>BRING YOUR BUDDY WEEK!</b>						<b>BLACK BELT TESTING</b>

**HAPPY VICTORIA DAY!**

We wish all of our Niagara Taekwondo families a Happy Victoria Day!

Our schools are closed on statutory holidays. Please reserve your class for another day of the week!

**BRING YOUR BUDDY TO TAEKWONDO!**

Bring your friend to your class during the BUDDY WEEK! Your friends can join you even in the intermediate or the advanced class as we are going to do partner workout! It will be a great chance to make fun memories and show off your skills!! If you are bringing your friend, please pick up a buddy form from office!!

**A BLACK BELT IS A WHITE BELT THAT NEVER QUIT**

Our Black Belt candidates have been training 3 years and more. This is the day that our Black Belt candidates to show their perseverance, integrity, discipline, patience, indomitable spirit and their Taekwondo passion!

Everyone is invited to come and watch the Black Belt testing. If you are up for a challenge, come run with us for the 5k run. Please check your email for the location and time.

**HAPPY MOTHER'S DAY!**

Happy Mother's day to all of our Niagara Taekwondo moms! Thank you for being amazing moms. Enjoy your special day!!!

**1st NIAGARA TAEKWONDO TOURNAMENT!**

This friendly, in-house event welcomes participants of all levels. It's an opportunity for everyone to test their skills and enjoy a rewarding experience.

Participants will have the chance to compete in various categories including Poomsae, Running, Speed Kick, and optional Sparring and Power Breaking. Regardless of the outcome, everyone will be recognized and awarded for their efforts. Don't miss out on this exciting opportunity to challenge yourself and be a part of our growing taekwondo community.

Register today - pick up the registration paper from the office!

**SPARRING WEEK!**

Students will learn sparring techniques. If you are Orange Belt and up, please don't forget to bring your equipment to the classes!

Please note that if you are currently White Belt or Yellow Belt, you don't need sparring equipment yet.

Please LABEL all the items in the sparring package. We are not responsible for any lost items!

**COLOUR BELT TESTING**

Students are eligible for belt promotion when they earn all five stripes and meet the attendance requirement.

Those students who are very close to meeting this eligibility criteria will be added to the testing list and will receive a registration form 2-3 weeks before the testing date.

Please don't hesitate to talk to our instructors if you have any questions regarding the student's progress.