

CHOSUN TAEKWONDO ACADEMY

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!!!Monday Tuesday Wednesday Thursday Friday Saturday

<p>9:00-4:00</p> <p>Private Instruction</p> <p>Chosun Instructors</p>	<p>9:30-10:45</p> <p>Hatha Yoga LIVE-STREAM Patty Cook</p>	<p>! 11:15-12:15 !</p> <p>Morning All Belts Teen/Adult Grandmaster Cook!</p>	<p>10:00-10:45</p> <p>Qigong Practice LIVE-STREAM Master Garrett!</p>	<p>9:00-10:30</p> <p>Private Instruction Chosun Instructors</p>	<p>9:30-10:45</p> <p>Hatha Yoga LIVE-STREAM Patty Cook</p>
	<p>! 11:15-12:15 !</p> <p>Morning All Belts Teen/Adult Grandmaster Cook!</p>	<p>1:00-4:30</p> <p>Private Instruction Chosun Instructors</p>	<p>! 11:15-12:15 !</p> <p>Morning Poomsae Teen/Adult Grandmaster Cook</p>	<p>! 11:15-12:15 !</p> <p>Morning All Belts Teen/Adult Grandmaster Cook!</p>	<p>! 11:15-12:15 !</p> <p>Morning All Belts Grandmaster Cook</p>
<p>5:00-5:45</p> <p>KickStart Ages 4 & 5 Master Pyke!</p>	<p>5:00-6:00</p> <p>Youth Training Ages 6 to 12 Instructor Bele</p>	<p>5:00-5:45</p> <p>KickStart Ages 4 & 5 Master Pyke!</p>	<p>5:00-6:00</p> <p>Youth Training Ages 6 to 12 Instructor Bele</p>	<p>5:00-6:00</p> <p>Youth Poomsae & Kicking Drills Ages 6 to 16</p>	<p>12:30-1:30</p> <p>Afternoon All Belts Instructor Radakovits</p>
<p>6:00-7:00</p> <p>All Belts</p> <p>Master Testa</p>	<p>! 6:00-7:00 !</p> <p>Poomsae Review</p> <p>Grandmaster Cook</p>	<p>6:00-7:00</p> <p>Black Belts</p> <p>Master Testa</p>	<p>! 6:00-7:00 !</p> <p>Call-Out Poomsae</p> <p>Grandmaster Cook</p>	<p>Master Testa!</p>	
<p>7:00-8:00</p> <p>All Belts</p> <p>Master Roche</p>	<p>! 7:00-8:00 !</p> <p>Executive Taekwondo Adults Only Grandmaster Cook!</p>	<p>7:00-8:00</p> <p>All Belts</p> <p>Instructor Radakovits Master Garrett</p>	<p>7:00-8:00</p> <p>All Belts</p> <p>Master Orlovsky</p>	<p>! 6:00-7:00 !</p> <p>All Belts Review</p> <p>LIVE / LIVE-STREAM</p> <p>Grandmaster Cook</p>	

Sunday

! 9:30-10:30 !

Black Belts
1st & 3rd Sunday of Each Month
Grandmaster Cook

! 11:00-12:30 !

USTA POOMSAE
LIVE-STREAM
SEPARATE LOG-IN
1st & 3rd Sunday
Each Month
Grandmaster Cook

12:30-2:00

Zen Meditation
3rd Sunday
Each Month
Seiry Gendelman



WINTER / SPRING 2023 SCHEDULE

ALL DOJANG CLASSES

BROADCAST ONLINE VIA ZOOM

! Effective 1/1/23 through 6/30/23!!!!!! !



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