

CHOSUN TAEKWONDO ACADEMY

60 GALLOWAY ROAD UNIT 2 WARWICK, NY 10990 (845) 986-2288 info@chosuntkd.com www.chosuntkd.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-4:00 Private Instruction Chosun Instructors	9:30-10:45 Hatha Yoga LIVE-STREAM Patty Cook	☯ 11:15-12:15 ☯ Morning All Belts Teen/Adult Grandmaster Cook	10:00-10:45 Qigong Practice LIVE-STREAM Master Garrett	9:00-10:30 Private Instruction Chosun Instructors	9:30-10:45 Hatha Yoga LIVE-STREAM Patty Cook
	☯ 11:15-12:15 ☯ Morning All Belts Teen/Adult Grandmaster Cook	12:30-1:15 Warwick Day Care Taekwondo Master Pyke	☯ 11:15-12:15 ☯ Morning Poomsae Teen/Adult Grandmaster Cook	☯ 11:15-12:15 ☯ Morning All Belts Teen/Adult Grandmaster Cook	☯ 11:15-12:15 ☯ Morning All Belts Grandmaster Cook
5:00-5:45 KickStart Ages 4 & 5 Master Pyke	☯ 5:00-6:00 ☯ Youth Training Ages 6 to 12 Grandmaster Cook Instructor Bele	5:00-5:45 KickStart Ages 4 & 5 Master Pyke	☯ 5:00-6:00 ☯ Youth Training Ages 6 to 12 Grandmaster Cook Instructor Bele	5:00-6:00 Youth Poomsae & Kicking Drills Ages 6 to 16 Master Testa	12:30-1:30 Afternoon All Belts Instructor Radakovits
6:00-7:00 All Belts Master Testa	☯ 6:00-7:00 ☯ Poomsae Review Grandmaster Cook	6:00-7:00 All Belts Master Testa Instructor Parkinson	☯ 6:00-7:00 ☯ Call-Out Poomsae Grandmaster Cook		
7:00-8:00 All Belts Master Roche	☯ 7:00-8:00 ☯ Executive Taekwondo Adults Only Grandmaster Cook	7:00-8:00 All Belts Instructor Radakovits Master Garrett	7:00-8:00 All Belts Master Orlovsky	☯ 6:00-7:00 ☯ All Belts Review Grandmaster Cook	

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
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12:30-2:00 Zen Meditation One Sunday Each Month Seiryo Gendelman



FALL / WINTER 2023 SCHEDULE

**ALL DOJANG CLASSES
BROADCAST ONLINE VIA ZOOM**

☯ Effective 9/1/23 through 12/31/23 ☯





CHOSUN TAEKWONDO ACADEMY

DESCRIPTION OF CLASSES



ALL BELTS: Our traditional taekwondo program; basic drills, forms, and self-defense. All welcome.

YOUTH TRAINING: A class devoted to the 6- to 12-year-old, developing martial artist. All belt levels.

KICKSTART: Classes intended to develop self-control, confidence and discipline in the 4 and 5-year-old student.

POOMSAE: Classic, taekwondo forms practice. All belt levels. All welcome.

BLACK BELTS: Classes dedicated exclusively to students holding the black belt.

MORNING ALL BELTS: Our traditional taekwondo program. Teen/Adults (except Wednesdays and Saturdays).

EXECUTIVE TAEKWONDO: a special class devoted to the maturing martial artist. All adults welcome.

YOUTH POOMSAE & KICKING: A class devoted to forms and kicking practice focusing on 6 to 16-year-olds. All belt levels.

WARWICK DAY CARE: A special class dedicated to students of Warwick Day Care.

ALL CLASSES ARE SUSPENDED ON THE FOLLOWING DAYS

New Year's Eve & Day, Presidents Day, Easter Weekend, Memorial Day, July 4th Weekend,
Labor Day Weekend, Halloween Evening, Thanksgiving Eve & Day, Christmas Eve & Day
(See web site for weather and additional closures)

HATHA YOGA, ZEN & QIGONG classes are offered separately from our taekwondo program. All welcome.

Please note that special safety regulations will be enforced for dojang practice

