

CHOSUN TAEKWONDO ACADEMY

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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
5:00-5:45 KickStart Ages 4 & 5 Master Pyke	☯ 11:15-12:15 ☯ Morning All Belts Teen/Adult Grandmaster Cook	12:30-4:45 Private Instruction Chosun Instructors	☯ 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
6:00-7:00 All Belts Master Testa	☯ 5:00-6:00 ☯ Youth Training Ages 6 to 12 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 & Sparring Ages 6 to 16 Master Testa	12:30-1:30 Afternoon All Belts Instructor Radakovits
7:00-8:00 All Belts Master Roche	☯ 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	☯ 6:00-7:00 ☯ All Belts Review Grandmaster Cook	Sunday
	7:00-8:00 All Belts Grandmaster Cook	7:00-8:00 All Belts Instructor Radakovits Master Garrett	7:00-8:00 All Belts Master Orlovsky		☯ 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



SUMMER 2024 SCHEDULE

ALL DOJANG CLASSES
BROADCAST ONLINE VIA ZOOM

☯ Effective 7/1/24 through 8/31/24 ☯



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