



Ed Rose's MARTIAL ARTS ACADEMY

CLASS SCHEDULE EFFECTIVE AUGUST 15, 2022
IDEAL CLASS ATTENDANCE IS 2-3 TIMES PER WEEK.

MONDAY

4:00-4:45pm—ALL RANKS JUNIORS
5:00-5:45pm—GREEN & BLUE JUNIORS
6:00-6:45pm—**WEAPONS CLASS**
7:00-7:45pm—ALL RANKS ADULTS

WEDNESDAY

5:00-5:45pm—WHITE-SENIOR YELLOW JR'S
6:00-6:45pm—GREEN & BLUE JUNIORS
7:00-7:45pm—ALL RANKS ADULTS

FRIDAY

5:00-5:45pm—GREEN & BLUE JUNIORS
6:00-6:45pm—PURPLE & ABOVE JUNIORS
7:00-7:45pm—**ALL RANKS ADULTS/FAMILY CLASS**
7:45-8:30 pm—LEADERSHIP/INSTRUCTOR TEAM MEETING

TUESDAY

4:00-4:45pm—ALL RANKS JUNIORS
5:00-5:45pm—PURPLE & ABOVE JUNIORS
6:00-6:45pm—WHITE-SENIOR YELLOW JR'S
7:00-7:45pm—ALL RANKS ADULTS

THURSDAY

4:00-4:45pm— ALL RANKS JUNIORS
5:00-5:45pm—PURPLE & ABOVE JUNIORS
6:00-6:45pm—WHITE-SENIOR YELLOW JR'S
7:00-7:45pm—ALL RANKS ADULTS

SATURDAY

NO CLASSES—RESERVED FOR SEMINARS & BIRTHDAY PARTIES & BELT TESTING EVENTS

JUNIORS PROGRAM—STUDENTS AGES 6-10 • TEEN/ADULT PROGRAM—STUDENTS AGES 11 & UP

ALL PROGRAMS INCLUDE UNLIMITED CLASS ATTENDANCE.

BELT RANK EXAMS-Students must test to earn each new rank. Belt rank testings are held every 8 weeks-the dates & locations will be announced by the center. *Students are encouraged to attend at least 2 classes per week in order to learn material & be eligible to test.*

TESTING CYCLES-There are six 8-week training cycles each year. Students are required to meet minimum class attendance guidelines to be eligible to test. Class totals reset to zero at the beginning of each cycle regardless if a student has tested for rank. Minimum class attendance does not guarantee advancement. Remember, minimum preparation often produces minimum results.

LATE & RE-TESTINGS-Late testing is only for students who have registered for & missed the formal testing due to an unforeseen emergency & students who received a "Re-test Required" result from formal testing. There is an additional \$10 fee for late testing.

UNIFORM SPECIFICS/T-SHIRTS-Students are expected to wear their training gear or uniforms and rank belts to all classes and all Taekwondo functions. Taekwondo T-shirts may be purchased from Ed Rose's Martial Arts Academy. Students may wear their black Training Gear T-shirt under their ceremonial top at testings, tournaments and special events. No other T-shirts are allowed under their top.

SCHOOL POLICIES—A COPY OF OUR ACADEMY POLICIES WERE INCLUDED IN YOUR WELCOME PACKET. PLEASE REVIEW AND LET US KNOW IF YOU HAVE ANY QUESTIONS. PLEASE DO NOT COMMUNICATE WITH YOUR STUDENT DURING CLASS TIMES. STUDENTS ARE REQUIRED TO ASK PERMISSION TO LEAVE THE WORKOUT FLOOR ONCE A CLASS HAS BEGUN. THANK YOU FOR YOUR COOPERATION!