

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Southwick Academy Pocatello – 1400 N. Arthur					
3:30p	Little Dragons (All-Ranks)	-	Little Dragons (All-Ranks)	-	-
4:00p	Little Dragons Basic	Little Dragons Int/Adv	Little Dragons Basic	Little Dragons Int/Adv	-
4:30p	Little Dragons Int/Adv	Little Dragons Basic	Little Dragons Int/Adv	Little Dragons Basic	-
5:00p	Little Dragons Int/Adv	Little Dragons Basic	Little Dragons Int/Adv	Little Dragons Basic	-
5:30p	-	Supplemental TKD	-	-	-
6:30p	-	Jr BB/ 7p Adult BB	-	-	-
Southwick Academy Pocatello – 440 E. Clark Street, Suite C					
4:00p	Grappling	Kung Fu	-	Kung Fu	(4:30p) Grappling**
5:00p	Jr TKD Basic	Jr & Adult TKD Intermediate & Advanced	Jr TKD Basic	Jr & Adult TKD Intermediate & Advanced	
6:00p	Jr TKD Intermediate	Jr TKD Basic	Jr TKD Intermediate	Jr TKD Basic	(5:30p) Gumdo**
7:00p	Teen/Adult TKD/ <i>Gumdo</i>	Tai-Chi (Basic)	Teen/Adult TKD	Black Belts	(6:15p) Specialty Classes
8:00p	Kung Fu	Tai Chi (Int/Adv)	Kung Fu	Tai Chi (All-Ranks)	-
* <i>Italicized designates side-by-side supplementary classes</i>			** 45 min classes		

Little Dragons - ages 3 through 6

Juniors - ages 7 through 12

Adults - ages 13 and up

Schedule subject to change

Owner/Head Instructor: Jessica Carson

Program Directors: Zoe Tassava & Tanya Fitzwilliams

Yong Kwon Promise (Student Oath)

“I will train with the intent to become stronger physically, mentally, and spiritually. I will show gratitude to my seniors, service to my juniors, and respect for myself and family. I seek honor, not glory; patience, not rage; courage, in spite of fear; and the power to protect those who cannot.”

Little Dragon Student Oath

I’m a Little Dragon, oh so strong
 Learning each day what’s right and wrong
 And in this class I know I’ll find
 Honesty for the heart, knowledge for my mind
 Dressed in purple, green, and white
 This class will teach me, “Might for Right”!