

2024

KARSTADT ITF TAEKWON-DO

International Taekwon-Do of AZ since 1986

2024

www.Azkicks.com

Schedule Effective January 1, 2024

602-264-2300

SUN	MON	TUE	WED	THU	FRI	SAT
		8:00-9:00am CONDITIONING Strength & Fitness		8:00-9:00am CONDITIONING Strength & Fitness		8:00-9:00am CONDITIONING Strength & Fitness
1:00-4:00 SPECIALTY WORKSHOPS SELF DEFENSE PRIVATE and GROUP TRAINING		3:30- 4:00 NEW STUDENT by APPOINTMENT		3:30- 4:00 NEW STUDENT by APPOINTMENT	On Line ZOOM Training	10:00- 10:30 NEW STUDENT by APPOINTMENT
	4:45-5:30 BEGINNER TRAINING White Belt-Yellow Stripe	4:00-4:40 NINJA SUPERSTAR HOMEWORK is DUE!	4:45-5:30 BEGINNER TRAINING White Belt-Yellow Stripe	4:00-4:40 NINJA SUPERSTAR WORD OF THE WEEK!	Private Instruction by Appointment	10:30-11:00 BEGINNER TRAINING White Belt-Yellow Stripe
	5:30-6:30 INTERMEDIATE ADVANCED/ELITE Open Training ALL BELTS	4:45-5:45 INTERMEDIATE ADVANCED/ELITE Open Training ALL BELTS	5:00- 5:30 NEW STUDENT by APPOINTMENT	4:45-5:45 INTERMEDIATE ADVANCED/ELITE Open Training ALL BELTS		11:00-12:00 INTERMEDIATE ADVANCED/ELITE Open Training ALL BELTS Sparring Skills and Drills -CONDITIONING-
		6:00- 6:30 NEW STUDENT by APPOINTMENT	5:30-6:20 BLACK BELT CLUB Specialty Training Kicks & Trcks Self Defense Specialty Drills Instructor Invitation	6:00- 6:30 NEW STUDENT by APPOINTMENT		
		5:45-6:30 BEGINNER White Belt Yellow Stripe		5:45-6:30 BEGINNER White Belt Yellow Stripe	Members: "ZOOM" Code available at: KARSTADT TAEKWONDO MEMBERS Facebook page	
		6:30-7:40 Open Training All Belts	6:30-7:30 BLACK BELT ELITE Patterns-Technical Step Sparring Instructor Invitation	6:30-7:40 Open Training All Belts	facebook PRIVATE GROUP - MEMBERS ONLY	



Instructor
Leadership
7:45-8:15

2024 IMPORTANT DATES

JANUARY

Classes Resume January 8th

1/6 Sat Instructor KickOff Training 10-2
1/15 Mon CLOSED- Martin Luther King Day
1/26 Fri Kids Night 7-9pm

FEBRUARY

2/19 Mon CLOSED- Presidents Day

AZ KICKS COMMUNITY CARES
Annual Kick-A-Thon
2/24 Sat 10-2:00 Fund Raiser

Don't Forget Valentines Day

MARCH

3/14 Thu NINJA Test/Belt Promotion 4pm
3/16 Sat Grade Testing-All Belts 11-2pm
3/16 Sat AZ Black Belt Testing 3-6pm
3/16 Sat Black Belt Dinner 7:30-9:00
3/29-31 Fri-Sun CLOSED- Easter Weekend

APRIL

4/6 Sat SURVIVAL NIGHT!
4/27 Sat In-School Point Tournament

MAY

5/16 Thu NINJA Test/Belt Promotion 4pm
5/18 Sat Grade Testing-All Belts 11-2pm
5/25-27 Fri-Sun CLOSED- Memorial Day

Don't Forget Mothers Day

JUNE

ROCKSTAR SUPER KICKER SUMMER CAMP
Jun 3-7 Jun 10-14 Jun 17-21
Register for 2 Camps = Get -1- FREE

Don't Forget Fathers Day

JULY

7/1-7/6 M-S CLOSED SUMMER BREAK
7/25 Thu NINJA Test/Belt Promotion 4pm
7/27 Sat Grade Testing-All Belts 11-2pm

AUGUST

8/23 Fri BULLY BUSTERS
Kids Night 7-9pm
8/31-9/2 F-S CLOSED- Labor Day

SEPTEMBER

8/31-9/2 F-S CLOSED- Labor Day
9/14 Sat AZ CHAMPIONSHIPS 9-4pm

OCTOBER

10/3 Thu NINJA Test/Belt Promotion 4pm
10/5 Sat Grade Testing-All Belts 11-2pm
10/5 Sat AZ Black Belt Testing 3-6pm
10/5 Sat Black Belt Dinner 7:30-9:00
10/25 Fri Kids Night-Halloween Fun
10/31 Thu CLOSED- Halloween

NOVEMBER

11/2-11/3 Sat/Sun 10-2
Technical Training Course ALL BELTS
11/4 Mon Christmas Cards for Veterans
11/11 Thu CLOSED- Veterans Day
11/27-30 Wed-Sun CLOSED- Thanksgiving

DECEMBER

12/19 Thu NINJA Test/Belt Promotion 4pm
12/21 Sat Grade Testing-All Belts 11-2pm
Holiday Party to follow 2-3
12/23-1/5 CLOSED- Winter Break