

MARTIAL ARTS PLUS ~ WEEK SCHEDULE JAN 11-15 2021

AFTERSCHOOL PROGRAM
 School Pick-Up Program
 Homework Assistance, Snack,
 Fun & Fit Activities, TaeKwonDo Class,
 Pick up until 6:30pm



MARTIAL ARTS CLASSES

- Build Discipline
- Improve Focus
- Develop Self-confidence
- Teach Self-Defense
- Increase Flexibility & Endurance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30-5:10 PM Afterschool Li'l Dragons	4:30-5:10 PM Afterschool Li'l Dragons	4:30-5:10 PM Afterschool Li'l Dragons	4:30-5:10 PM Afterschool Li'l Dragons	
5:15-6:15 TKD Color Belts (& Forms)	5:15-6:00 TKD Basics <i>Kicks, Blocks, Stances</i>	5:15-6:00 TKD Stripes & Special Topics <i>Technique for stripes</i> SPECIAL TOPIC: Nutrition	5:15-6:00 TKD Basics <i>Bag Drills, Combinations, Forms</i>	<i>TBA (Special Classes and Seminars to be announced)</i>

Topic of the Week: Your child's nutrition—Juice? Milk? Water?

Great advice from Today's Parent:

<https://www.todayparent.com/kids/kids-health/think-giving-your-kids-juice-is-better-than-soda-think-again/>

Self-Defense TaeKwonDo Sparring Afterschool Dragon Team