

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
Southwick Academy Pocatello – 440 E. Clark Street, Suite D						
4:00p	Little Dragons Basic	-	Little Dragons Basic	-	-	
4:15p						
4:30p	-	Little Dragons Int/Adv**	-	Little Dragons Int/Adv**	-	
4:45p	Little Dragons Int/Adv**		Little Dragons Int/Adv**		Hatchling Dragons	-
5:00p						
5:15p						
5:30p	Little Dragons Basic	Hatchling Dragons	Little Dragons Basic	Hatchling Dragons	-	
5:45p						
6:00p	Gumdo (Korean Sword)	Little Dragons Basic	-	Little Dragons Basic	-	
7:00p	Kung Fu	Black Belts	Kung Fu	Gumdo (Korean Sword)	-	
				Black Belts**	-	
Southwick Academy Pocatello – 440 E. Clark Street, Suite C						
4:00p	Grappling		-		-	
5:00p	Jr TKD Basic	Jr & Adult TKD Intermediate & Advanced	Jr TKD Basic	Jr & Adult TKD Intermediate & Advanced	Grappling	
6:00p	Jr TKD Intermediate <i>Jr Kung Fu</i>	Jr TKD Basic	Jr TKD Intermediate <i>Jr Kung Fu</i>	Jr TKD Basic	Specialty Classes	
7:00p	Teen/Adult TKD	Tai Chi**	Teen/Adult TKD	Tai Chi**		
<i>Italicized designates side-by-side 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”!”

