

Southwick Black Belt Academy Pocatello
655 N 5th Ave

(208) 403-6102

southwickblackbeltacademypocatello.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
Phoenix Floor						
4:30p	-	Little Dragons Int/Adv*	-	Little Dragons Int/Adv*	-	
4:45p	Little Dragons Int/Adv*		Little Dragons Int/Adv*		Hatchling Dragons 5:15p-5:45p	-
5:00p						
5:15p	Little Dragons Basic	Hatchling Dragons 5:15p-5:45p	Little Dragons Basic	Hatchling Dragons 5:15p-5:45p	-	
5:30p		Little Dragons Basic 5:45p-6:15p		Little Dragons Basic 5:45p-6:15p		-
5:45p						
6:00p	Jr Taekwondo (All Ranks)	-	Jr Taekwondo (All Ranks)	-	-	
Dragon Floor						
5:00p	Grappling	Jr Taekwondo (All Ranks)	-	Jr Taekwondo (All Ranks)	Grappling	
6:00p	Jr Kung Fu	Gumdo (Korean Sword)	Jr Kung Fu	Gumdo (Korean Sword)	Specialty Classes	
7:00p	Teen/Adult TKD <i>Teen/Adult Kung Fu</i>	Tai Chi <i>Black Belts</i>	Teen/Adult TKD <i>Teen/Adult Kung Fu</i>	Tai Chi <i>Black Belts</i>		
<i>Italicized designates side-by-side classes</i>					<i>*45 min classes</i>	

Hatchlings - ages 3 through 4

Little Dragons - ages 5 through 7

Juniors - ages 8 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”!”

