

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Southwick Academy Pocatello – 440 E. Clark Street, Suite D					
4:00p	Little Dragons Basic		Little Dragons Basic		-
4:30p	Little Dragons Int/Adv	Little Dragons Int/Adv	Little Dragons Int/Adv	Little Dragons Int/Adv	-
5:00p	Little Dragons Int/Adv	Little Dragons Basic	Little Dragons Int/Adv	Little Dragons Basic	-
5:30p	-	Little Dragons Basic	-	Little Dragons Basic	-
6:00p	Gumdo (Korean Sword)	-	-	Gumdo (Korean Sword)	-
7:00p	Kung Fu	Black Belts	Kung Fu	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	-
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	-	Teen/Adult TKD	-	
8:00p	-	Tai Chi	-	Tai Chi	
		-		-	-
* <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”!”

