

Buford Choi Kwang-Do Martial Art School

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www.bufordckd.com

BUFORD CKD WEEKLY CLASS SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASS TYPE	<u>A class</u>	<u>A class</u>	<u>B class</u>	<u>B class</u>	<u>C class</u>	C class
10:00-11:00 AM						Family Class Juniors & Parents training class
11:00-12:00 pm	Home School Class	Silver Kickers Seniors Class		Home School Class		
12:00-1:00 pm		Adults All Ranks		Adults All Ranks		
4:30-5:30 pm	Juniors Class Ages 6-11		Juniors Class Ages 6-11		Juniors Class Ages 6-11	
5:00 6:00 pm		Pee Wee Ages 3-5 5:15 -6:00		Pee Wee Ages 3-5 5:15 -6:00		
5:30-6:30 pm	Adult Class		Junior Black belt Training & Prep Class-Brown Belts & Up 5:30		Juniors Black Belt Club & STORM Team	
6:00-7:00 pm		Juniors Class 6-11		Juniors Class 6-11		
6:30-7:30 pm			Demo Team		Adult Class	
7:00-8:00 pm		Adult Class	Adult Class	Adult Class		

Remember B & C class days please bring safety gear.

A Classes - On these days the focus will be on basic techniques, patterns and technical movements of CKD all with a more aerobic work out. Target, shield and heavy bag drills included.

B Classes - On these days **safety gear** is required. Focusing on blocking, attacking and defense drills with proper movements. Shield, heavy bag and close range grab drills included.

C Classes - On these there will be a combination of A & B class training. **Safety gear** is required for drills. Students will also be challenged with a variety of martial art basic training.

*All students need to attend one A & B class or substitute one or both with a C class each week for training.

**Specialty classes such as Black belt class, Demo team, Teens and Silver Kickers will not follow the A B C schedule.*