

DANBO INFORMATION

BASIC REQUIREMENTS: Red belt for at least one year * Participate in at least one tournament as a color belt * Participate in demonstration(s) as a color belt

FEE: see instructor (includes new dobok; subject to change)

Additional Training Opportunities

- Family Class Saturdays 10-11 am
- Sparring Class Saturdays 11 am-12:30 pm
- Gray Belt Class Mondays 8:15-9:15 pm

Black Belt Class Wednesdays
8:00-9:00 pm
for red belt - black tips

Form & Essay

TOPIC: *The Essence of Taekwondo* or *What Taekwondo Means to Me*

LENGTH: Minimum two pages

This should be a thoughtful personal reflection written by YOU; proofread for spelling and grammar before turning it in.

FORM: Fill in all information; include test, demo, and tournament dates.

ASK: Instructor to approve everything



Timeline

