

Ignite Camarillo Class Schedule – October 11th, 2021

Tigers: 3-6 Years

K4K: 7-12 Years

Adults/Teen: 13 & Up

Beginner: White – Yellow

Advanced: Camo - Red

Life skill: Honesty

Black Belt Club

Forms:

Tigers - Songahm 1

White - Yellow - Songahm 1

Camo - Purple – In Wha 1

Blue – Red – Choong Jung 1

Weapon:

Beginner: Single Ssahng Jeol Bong

Advanced: Double Ssahng Jeol Bong

Black Belt: SSJB and DSJB

Leadership

Weapon: XMA Chux

Skill: Stopping Bullies

Monday

4:00-4:30 All Tigers

4:30-5:00 Leadership

5:00-5:45 K4K Advanced

5:45-6:30 K4K Beginner

6:30-7:00 Comp Team Forms

7:00-7:45 Adult/Teen White-Purple

7:45-8:15 Legacy

Tuesday

4:00-4:45 K4K Beginner

4:45-5:15 Leadership

5:15-5:45 All Tigers

5:45-6:30 K4K Advanced

6:30-7:00 Legacy

7:00-7:45 Adult/Teen Blue-BB

Wednesday

4:00-4:30 All Tigers

4:30-5:00 Sparring

5:00-5:45 K4K Advanced

5:45-6:30 K4K Beginner

6:30-7:00 Comp Team Fitness

7:00-7:45 Adult/Teen White-Purple

7:45-8:15 Sparring

Thursday

4:00-4:45 K4K Beginner

4:45-5:15 Sparring

5:15-5:45 All Tigers

5:45-6:30 K4K Advanced

6:30-7:00 Sparring

7:00-7:45 Adult/Teen Blue-BB

Friday

4:00-4:30 All Tigers

4:30-5:00 Leadership/Legacy

5:00-5:45 All K4K Belts

5:45-6:30 All Adults/Teens/BB