

Ignite Ventura Class Schedule – June 13th, 2022

Small Floor

Monday 4:00-4:30 Tiger Leadership
5:30-6:15 Combat Fitness

Tuesday 5:30-6:15 Combat Fitness

Wednesday 5:30-6:15 Combat Fitness

Thursday 5:30-6:15 Combat Fitness

Friday 4:00-4:30 Combat Fit

Big Floor

Monday 3:30-4:00 All Tigers
4:00-4:45 K4K Beginner
4:45-5:15 Leadership/Legacy
5:15-6:00 K4K Intermediate
6:00-6:45 K4K Adv + Adults/Teens
6:45-7:15 Legacy

Tuesday 3:45-4:30 K4K Adv (Purple - Red)
4:30-5:00 Leadership/Legacy
5:00-5:30 All Tigers
5:30-6:15 K4K White - Green
6:15-7:00 Black Belts
7:00-7:30 Legacy

Wednesday 3:30-4:00 All Tigers
4:00-4:45 K4K Beginner
4:45-5:30 Sparring A
5:30-6:15 Sparring B
6:15-7:00 K4K Adv + Adults/Teens
7:00-7:45 Sparring C

Thursday 3:45-4:30 K4K Adv (Purple - Red)
4:30-5:00 Leadership/Legacy
5:00-5:30 All Tigers
5:30-6:15 K4K White - Green
6:15-7:00 Black Belts
7:00-7:30 Comp Team

Friday 4:00-4:30 All Tigers
4:30-5:00 All Leadership
5:00-5:45 All Ranks

Tigers: 3-6 Years
K4K: 7-12 Years
Adults/Teen: 13 & Up

Beginner: White - Yellow
Intermediate: Camo – Green
Advanced: Purple – Red

All Tigers: Songahm 1
Beginners: Songahm 1
Intermediate: Songahm 4
Advanced: In Wha 2

Weapons:

Beginners: Single Ssahng Jeol Bong
Int/Adv: Double Ssahng Jeol Bong
Black Belts: SSJB/DSJB
Leadership/Legacy: Kamas

Life-skill: Communication