

## Ignite Camarillo Class Schedule – January 3<sup>rd</sup>, 2022

**Tigers:** 3-6 Years

**K4K:** 7-12 Years

**Adults/Teen:** 13 & Up

**Beginner:** White – Yellow

**Intermediate:** Camo - Green

**Advanced:** Purple - Red

**Life skill:** Respect

### **Black Belt Club**

#### **Forms:**

Tigers – Songahm 1

White - Yellow - Songahm 1

Camo - Purple – Songahm 5

Blue – Red – Choong Jung 1

#### **Weapon:**

**Beginner:** Ssahng Jeol Bong

**Int/Adv:** Double Ssahng Jeol Bong

**Black Belt:** SSJB/DSJB

**Leadership/Legacy:** Double Ssahng Jeol Bong

**Monday** 4:00-4:30 All Tigers  
Full Uniform Only 4:30-5:00 Leadership  
5:00-5:45 K4K Camo - Red  
5:45-6:30 K4K White - Yellow  
6:30-7:15 Adult/Teen Color Belts  
7:15-7:45 Legacy

**Tuesday** 4:00-4:45 K4K White - Yellow  
Full Uniform Only 4:45-5:15 Leadership  
5:15-5:45 All Tigers  
5:45-6:30 K4K Camo - Red  
6:30-7:00 Legacy  
7:00-7:45 Black Belts

**Wednesday** 4:00-4:30 All Tigers  
Ignite Shirts allowed 4:30-5:00 Sparring A (8&under)  
5:00-5:45 Sparring B (9yo-12yo)  
5:45-6:30 K4K White - Yellow  
6:30-7:15 Adults/Teens Color Belts  
7:15-8:00 Sparring C (13yo+ & BB)

**Thursday** 4:00-4:45 K4K White - Yellow  
Ignite Shirts allowed 4:45-5:15 Leadership  
5:15-5:45 All Tigers  
5:45-6:30 K4K Camo - Red  
6:30-7:00 **Black Belt Weapons**  
7:00-7:45 Black Belts

**Friday** 4:00-4:30 All Tigers  
Ignite Shirts allowed 4:30-5:15 XMA (Leadership/Legacy)  
5:15-6:00 All Color Belts

**Saturday (Ventura only) 3000 Bunsen Ave**  
9:00-9:30 All Tigers  
Ignite Shirts allowed 9:30-10:00 **Tiger Sparring**  
10:00-10:45 Combat Fitness  
10:45-11:30 All Color Belts  
11:30-12:00 XMA Elite (Invite Only)