



FT. BEND TAEKWONDO AMERICA  
Member of the U.S. Taekwondo Federation

# March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	
	<b>Black Stripe</b>		<b>Purple Stripe</b>			<b>In School Tournament</b>	
3	4	5	6	7	8	9	
	<b>Green Stripe</b>		<b>Blue Stripe</b>			Stripes – Skillz/Taekwondo Blue: Teamwork/Technique Green: Kicks/Kicks	
10	11	12	13	14	15		
<b>SPRING BREAK – ALTERED CLASS SCHEDULE &amp; SPECIAL SESSIONS – SEE FLYER FOR DETAILS</b>							Orange: Balance/Intensity
17	18	19	20	21	22		
	<b>Red Stripe</b>		<b>Orange Stripe</b>			Red: Focus/Agility Black: Fitness/One-Steps & Sparring	
24	25	26	27	28	29		
	<b>Purple Stripe</b>		<b>Black Stripe</b>			Purple: Memory/Form	
31	1	2	3	4	5	6	
<b>REVIEW WEEK</b>							
			<b>Testing Registrations Due</b>		<b>Board Breaking Clinic 7p</b>		

### Forms for February - April Testing Cycle

Basic Skillz - Chon-Ji

Kids/Teens/Adults – White Belts – Ki-Bon    Yellow/Orange Belts – Dan Gun    Intermediates – Do-San    Advanced – Jun-Gun    Black Belts: As assigned per Taekwondo America

April testing dates: April 8 – 10

Videos of forms can be found on our mobile app. Download in your apps or Google play store.