

Online Zoom Training Schedule for April 6 – 9th, 2020

Monday 5:00 – 5:50 PM (Breaking Technique and Poomsae)

<https://us04web.zoom.us/j/694653165>

Monday 6:00 – 7:00 PM (Kicking Drills and Poomsae)

<https://us04web.zoom.us/j/694653165>

Tuesday 5:00 – 5:50 PM (Nunchaku Basic 1)

<https://us04web.zoom.us/j/966644489>

Tuesday 6:00 – 7:00 (Conditioning and Kicking Drills)

<https://us04web.zoom.us/j/966644489>

Wednesday 5:00 – 5:50 PM (Poomsae and Kicking Drills)

<https://us04web.zoom.us/j/307076295>

Wednesday 6:00 – 7:00 PM (Poomsae and conditioning)

<https://us04web.zoom.us/j/307076295>

Thursday 5:00 – 5:50 PM (Nunchaku)

<https://us04web.zoom.us/j/497771093>

Thursday 6:00 – 7:00 (Conditioning and Kicking Drills)

<https://us04web.zoom.us/j/497771093>

*If anyone would like to borrow a paddle from the Dojang, text Grandmaster Chung 780-932-0058 and he will arrange a time for you to pick it up!