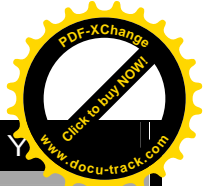




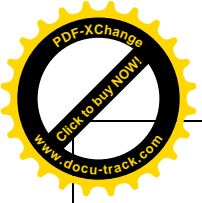
H W A R A N G D O[®] MARTIAL ART ACADEMY - CLASS SCHEDULE



MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
MAIN FLOOR	SIDE FLOOR	UPPER FLOOR	MAIN FLOOR	SIDE FLOOR	UPPER FLOOR	MAIN FLOOR	SIDE FLOOR	UPPER FLOOR	MAIN FLOOR	SIDE FLOOR	UPPER FLOOR	MAIN FLOOR	UPPER FLOOR	MAIN FLOOR	SIDE FLOOR	UPPER FLOOR	
<p>Noon - 4:15pm Private Lessons & Open Gym</p> <p>4:25pm - 5:10pm <u>Little Tigers - BBC</u> Basics & Sparring</p> <p>5:10pm - 6:10pm Basic TSD <u>Junior BBC</u> <u>Whobae 7-9 yrs</u> Basic, Forms, & Sparring <u>Warrior's Path</u> Add. Sparring & Weapons</p> <p>6:10pm - 7:10pm Basic TSD <u>Junior BBC</u> <u>Sunbae 10-13 yrs</u> Basic, Forms, & Sparring <u>Warrior's Path</u> Add. Sparring & Weapons</p> <p>7:10pm - 8:10pm Basic Training <u>Adult All Ranks</u> Drills & Curriculum <u>Warrior's Path</u> <u>Adult All Ranks</u> Sparring Day</p> <p>8:15pm - 9:00pm <u>Advanced HRD</u></p>	<p>All Floors Available For Meetings, Business, or Activity Rental During Non-Class Time or Open Gym & Private Lessons</p> <p>4:25pm - 5:10pm H & W <u>Vinyasa Yoga</u></p> <p>5:10pm - 6:10pm Health & Wellness <u>Vinyasa Yoga</u></p> <p>6:20pm - 7:20pm H & W <u>POWER Yoga</u></p> <p>7:20pm - 9:00pm <u>Open Gym</u></p> <p>Or</p> <p>Activity Rental</p>	<p>2:00pm - 6:00pm Tomorrow's Leading Knights <u>Afterschool Program</u> Leadership Day:</p> <p>2:00pm - 3:15pm Transportation to TLK, Snacks, & Fun Activities</p> <p>3:15pm - 4:15pm TSD Training: Belt Curriculum & Grappling Day</p> <p>4:15pm - 5:00pm Leadership Training</p> <p>5:00pm - 6:00pm Homework, Tutoring, Computer Labs & Activities</p> <p>7:00pm - 9:00pm <u>Open Gym</u></p> <p>Or</p> <p>Activity Rental</p>	<p>Noon - 3:45pm Private Lessons & Open Gym</p> <p>3:55pm - 4:25pm <u>Tiny Tigers</u> 3 & 4 Year Olds</p> <p>4:25pm - 5:10pm <u>Little Tigers - GBP</u> Basics & Sparring</p> <p>5:10pm - 6:10pm Basic TSD <u>Junior GBP</u> Basic, Forms, & Sparring <u>Warrior's Path</u> Add. Sparring & Weapons</p> <p>7:10pm - 8:10pm Basic TSD <u>Adult GBP</u> Basic, Forms, & Sparring <u>Warrior's Path</u> Add. Sparring & Weapons</p> <p>8:10pm - 9:00pm <u>Open Sparring</u></p>	<p>All Floors Available For Meetings, Business, or Activity Rental During Non-Class Time or Open Gym & Private Lessons</p> <p>4:25pm - 5:10pm H & W <u>Vinyasa Yoga</u></p> <p>5:10pm - 6:10pm Health & Wellness <u>Vinyasa Yoga</u></p> <p>6:20pm - 7:50pm H & W <u>Hatha Yoga</u></p> <p>7:50pm - 9:00pm <u>Open Gym</u></p> <p>Or</p> <p>Activity Rental</p>	<p>2:00pm - 6:00pm Tomorrow's Leading Knights <u>Afterschool Program</u> Virtue Day:</p> <p>2:00pm - 3:15pm Transportation to TLK, Snacks, & Fun Activities</p> <p>3:15pm - 4:15pm TSD Training: Belt Curriculum & Sparring Day</p> <p>4:15pm - 5:00pm Virtue Lessons</p> <p>5:00pm - 6:00pm Homework, Tutoring, Computer Labs & Activities</p> <p>7:10pm - 8:10pm H & W <u>Zumba</u></p> <p>Join The Fitness Party!</p> <p>8:10pm - 9:00pm <u>Open Gym</u></p>	<p>Noon - 4:15pm Private Lessons & Open Gym</p> <p>4:25pm - 5:10pm <u>Little Tigers - BBC</u> Basics & Grappling</p> <p>5:10pm - 6:10pm Basic TSD <u>Junior BBC</u> <u>Whobae 7-9 yrs</u> Basics, Ilbo Daeryun, & Hoshinsul <u>Warrior's Path</u> Grappling: Takedowns & Submissions</p> <p>7:10pm - 8:10pm Basic Training <u>Adult All Ranks</u> Drills & Curriculum <u>Warrior's Path</u> Grappling Day</p> <p>8:15pm - 10:00pm <u>Tae Jun Sa</u></p>	<p>All Floors Available For Meetings, Business, or Activity Rental During Non-Class Time or Open Gym & Private Lessons</p> <p>4:25pm - 5:10pm H & W <u>Vinyasa Yoga</u></p> <p>5:10pm - 6:10pm Health & Wellness <u>Vinyasa Yoga</u></p> <p>6:20pm - 7:20pm H & W <u>POWER Yoga</u></p> <p>7:20pm - 9:00pm <u>Open Gym</u></p> <p>Or</p> <p>Activity Rental</p>	<p>2:00pm - 6:00pm Tomorrow's Leading Knights <u>Afterschool Program</u> Arts & Humanities Day:</p> <p>2:00pm - 3:15pm Transportation to TLK, Snacks, & Fun Activities</p> <p>3:15pm - 4:15pm TSD Training: Belt Curriculum & Sparring Day</p> <p>4:15pm - 5:00pm Virtue Lessons</p> <p>5:10pm - 6:10pm Health & Wellness <u>Fighting Fit</u> Kickboxing & Conditioning</p> <p>7:00pm - 9:00pm <u>Open Gym</u></p> <p>Or</p> <p>Activity Rental</p>	<p>Noon - 3:45 pm Private Lessons & Open Gym</p> <p>3:55pm - 4:25pm <u>Tiny Tigers</u> 3 & 4 Year Olds</p> <p>4:25pm - 5:10pm <u>Little Tigers - GBP</u> Basics & Grappling</p> <p>5:10pm - 6:10pm Basic TSD <u>Junior GBP</u> Basics, Ilbo Daeryun, & Kicking Tests <u>Warrior's Path</u> Grappling: Positioning</p> <p>7:10pm - 8:10pm Basic TSD <u>Adult GBP</u> Basics, Ilbo Daeryun, & Hoshinsul <u>Warrior's Path</u> Grappling: Takedowns & Submissions</p> <p>8:10pm - 9:00pm <u>Open Grappling</u></p>	<p>All Floors Available For Meetings, Business, or Activity Rental During Non-Class Time or Open Gym & Private Lessons</p> <p>4:25pm - 5:10pm H & W <u>Vinyasa Yoga</u></p> <p>5:10pm - 6:10pm Health & Wellness <u>Vinyasa Yoga</u></p> <p>6:20pm - 7:50pm H & W <u>Hatha Yoga</u></p> <p>7:50pm - 9:00pm <u>Open Gym</u></p> <p>Or</p> <p>Activity Rental</p>	<p>2:00pm - 6:00pm Tomorrow's Leading Knights <u>Afterschool Program</u> Science & Technology Day:</p> <p>2:00pm - 3:15pm Transportation to TLK, Snacks, & Fun Activities</p> <p>3:15pm - 4:15pm TSD Training: Foam Sword Fighting</p> <p>4:15pm - 5:00pm Service Opportunities</p> <p>5:00pm - 6:00pm Homework, Tutoring, Computer Labs & Activities</p> <p>7:10pm - 8:10pm H & W <u>Zumba</u></p> <p>Join The Fitness Party!</p> <p>8:10pm - 9:00pm <u>Open Gym</u></p>	<p>Noon - 4:15pm Private Lessons & Open Gym</p> <p>4:30pm - 5:15pm Junior TGT / TKC</p> <p>5:15pm - 6:00pm <u>Acropob</u> Tumbling & Gymnastics All ages & ranks</p> <p>6:00pm - 8:00pm Fight Night <u>Juniors & Adults</u> Open supervised free training time for: Heavy Bags, Sparring, Grappling, Forms, Techniques, Striking, Kicking, Weaponry, Stretching, Yoga, Taeguk (Taichi), & Meditation, etc.</p> <p>Open Gym Plus Sparring & Grappling on Main Floor</p> <p>Open Gym Plus Yoga on Side Floor</p> <p>Open Gym Plus Weaponry on Upper Floor</p>	<p>10:00am - 10:45am <u>Kids Foam Weapon Fighting</u> Little Tigers & Juniors</p> <p>Health & Wellness Program and Weapon Fighting Are Open To The Public and Non-Traditional Martial Art Students.</p> <p>12:45pm - 1:45pm <u>Adult All Rank Sparring & Grappling Class</u> Sparring one week Grappling the next week</p> <p>1:45pm - 2:30pm <u>Adult TGT / TKC</u></p> <p>3:30pm - 5:30pm Birthday Parties For Kids!</p>	<p>10:00 - 10:45am H & W <u>Vinyasa Yoga</u></p> <p>11:00 - 12:30pm H & W <u>Hatha Yoga</u></p> <p>Special Yoga Foundation Workshops Available on Monthly basis 1:00 - 2:30pm *check calendar for details</p> <p>11:00am - 11:45am <u>Bongtoogi</u> Weapon Fighting with Sticks</p> <p>11:45am - 12:30pm <u>Gumtoogi</u> Weapon Fighting with Swords</p>	<p>10:00 - 10:45am Health & Wellness <u>Fighting Fit</u></p> <p>11:00am - 11:45am <u>Bongtoogi</u> Weapon Fighting with Sticks</p> <p>11:45am - 12:30pm <u>Gumtoogi</u> Weapon Fighting with Swords</p> <p>Go Online To View A Breakdown Of All Classes Divided By Belt Ranks & Training Topics</p>		

GBP = Beginner Levels White, Orange, & Yellow Belts BBC = Int/Adv Levels Green through 1/2 Black Belts Little Tigers = 3 to 6 year olds Juniors = 7 to 12 year olds Adults = Teens 13 and up Health & Wellness = Yoga & Fighting Fit Weapon Fighting = Gumtoogi (Swords) & Bongtoogi (Sticks)

Check Event Calendar for listing of FREE Workshops held every month at our dojang, along with all other special events, seminars, demonstrations, testings, and parties!



CLASS DESCRIPTIONS

HWA RANG DO®	The true graduate studies in which the individual learns all aspects of the martial arts & its applications. Emphasizing balance in both the martial and healing arts, HRD possesses more than 4,000 techniques, 365 kicking combinations, over 108 weapons, and an understanding of the natural strength and weaknesses of the human body - making it the most complete martial arts system in existence today. HRD also strives to maintain the utmost quality in its program, preserving an 1800 year old lineage.
TAE SOO DO®	The undergraduate Hwa Rang Do® program is designed for the beginning student. It helps one build a strong foundation and learn the inner mechanics of the martial arts. Most importantly it gives one a better understanding of the fundamentals of all areas of the martial arts required for more advanced training. Great for both adults and children looking to begin the martial art journey.
WARRIOR'S PATH	The Warrior's Path Program is designed for those martial art practitioners who wish to become a complete martial artist and study all aspects of martial possibilities. Warrior's Path students will study everything that HRD has to offer from striking to grappling to weaponry. This program is a perfect fit for those who wish to study the extensive depths of what HRD is all about.
TAE JUN SA	This is a group of students on a voluntary admissions policy, who want to make a commitment to becoming a Hwarang Warrior to promote and further spread the Hwarang Spirit throughout the world and working toward the preservation of Hwa Rang Do® for the next generation. This is an accelerated training program and all members are required to become instructors.
TGT / TKC	TGT stands for (Teuk Gong Team) which means special forces for Tae Soo Do®; and TKC (Team Kwan Chang) for Hwa Rang Do®. They are the selected elite students of role models and assistant instructors. In this class they learn intricate technical knowledge, how to teach, and develop leadership skills. Open upon special invitation only.
GOTOOGI	This class will focus on takedowns and grappling techniques for effective submission fighting. This is a must for anyone interested in becoming a complete martial artist. This class is taught within the Warrior's Path segment of the TSD program as well as in HRD classes for both Juniors and Adults. The only other equipment you'll need is a WHRDA approved Go Too Gi uniform.
GUMTOOGI & BONGTOOGI	Learn how to effectively use a weapon in an actual sparring situation. This is done in the traditional manner to understand the true swordsmanship mentality through actual sword fighting (GUMTOOGI) and stick fighting (BONGTOOGI). Various combinations of weaponry is used such as Jukdo (bamboo sword), double swords, long staff, middle sticks! Classes are divided for specific and detailed training in both stick & sword fighting and once you become proficient and get your armor – the real fun begins with actual weapon fighting!
HEALTH & WELLNESS	Hwa Rang Do has always recognized that a balance between body, mind, and spirit is essential for the overall well-being and personal life success of its members. In order to open the doors and benefit more people who aren't necessarily interested in complete martial art training, we have created a HEALTH & WELLNESS Program that promotes a vigorously healthy sense of balance & fitness. YOGA & FIGHTING FIT are open to anyone looking to obtain a healthier state. Can do both classes or choose one.
YOGA	Yoga is one of the most proven forms of developing balance between mind & body, and our program offers a welcoming approach to postures, meditation, and breathing exercises to provide consistent development and improvements in our students. This class is open to both our traditional martial art students and the general public.
FIGHTING FIT	This class is also open to the public and other friends and family members who are not regular martial art students! Get in the best shape of you life by training for full contact fighting without ever having to fight! Fighting Fit, or Kyuktoogi, is where students will learn all the techniques of full contact fighting in a fun and relaxed atmosphere. No belts or uniforms required, but be ready to get a great workout by striking heavy bags, training mitts, and calisthenics, polymeric, & agility exercises for total conditioning.
KID'S CLASSES	Our school has developed one of the most effective ways of teaching children martial arts. Every child is unique and every age requires specific approaches and methods in order to connect and inspire the children to get the most out of their martial art experience. Our staff works directly with parents as the children grow through our system to make sure they are in the "best" class. We also teach age and level specific classes for Beginners, Intermediate, & Advanced students in Little Tigers (3-6 year olds), Juniors (7-12 year olds), & Teens and our instructors are constantly training and enhancing our curriculum for greater effectiveness.
SPACE RENTAL	While our school is almost completely packed with martial art training on both of our floors most of the day, there is some time available for individuals and organizations to rent a quality space with many amenities for various meeting, business, and/or activity time. We have both a matted & wood floor, plus kitchen, sound system, clean facility etc. to fit many needs. Please inquire with our staff for further information about fulfilling your space rental needs.
TOMMOROW'S LEADING KNIGHTS AFTERSCHOOL PROGRAM	The Flowering Knights afterschool program is modeled after the ancient Hwarang of Korea. The youth in this system studied all aspects of life to become the leaders of their society. The development of body, mind, and character through the study of all arts; martial, music, poetry, science, mathematics, & philosophy gave tremendous insight and strength to its members. Our school has long recognized the need for this kind of study for children within present society, so that they can become empowered to lead and change the world to a brighter future. Afterschool time can be both fun & productive, and the kind of care & programming offered here cannot be compared to any other program anywhere.

Hwa Rang Do® Minneapolis Martial Art Academy

Branch of the World Hwa Rang Do® Association

CLASS SCHEDULE

&

DAILY CURRICULUM

花郎道



太手道

Effective August 1, 2011

Schedule may change upon further notice.

*Please check the Master Calendar for any updates
and all special events held throughout the year.*

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