

# MINNEAPOLIS ACADEMY - CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Noon to 5:00pm	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	10:00am - 10:45am <u>All Juniors</u> TSD & HRD all ranks
5:00pm to 5:45pm	<u>Basic TSD Juniors GBP</u> Basic, Forms, & Sparring	5:15pm-5:45pm <b>TSD</b> <u>Little Tigers</u> Basics & Martial Games	<u>Basic TSD Juniors GBP</u> Basics, Ilbo Daeryun, & Kicking Tests	5:15pm-5:45pm <b>TSD</b> <u>Little Tigers</u> Basics & Sparring	4:30pm-5:15pm Junior TGT/TKC	11:00am - 12:00pm <u>Mugi Daeryun:</u> Kumdo & Weapon-Fighting All ages & ranks
5:45pm to 6:00pm	<u>Warrior's Path TSD Juniors GBP</u> Add. Sparring & Weapons		<u>Warrior's Path TSD Junior GBP</u> Grappling (Positioning)		5:15pm-6:00pm <u>Acrobop:</u> Tumbling & Gymnastics All ages & ranks	
6:00pm to 6:45pm	<u>Basic TSD Juniors BBC</u> Basic, Forms, & Sparring	<u>Basic TSD Adults GBP</u> Basic, Forms, & Sparring	<u>Basic TSD Juniors BBC</u> Basics, Ilbo Daeryun, & Hoshinsul	<u>Basic TSD Adults GBP</u> Basics, Ilbo Daeryun, & Kicking Tests	6:00pm-8:00pm <b>Fight Night</b> Juniors & Adults (Open supervised training time. Also, monthly study of martial art matches, fights, forms, and other video demonstrations.)	12:15pm - 1:00pm <u>Sparring Class</u> Drills & Sparring Adults - all ranks
6:45pm to 7:00pm	<u>Warrior's Path TSD Junior BBC</u> Add. Sparring & Weapons	<u>Warrior's Path TSD Adults GBP</u> Add. Sparring & Weapons	<u>Warrior's Path TSD Juniors BBC</u> Grappling (Take-downs & Submissions)	<u>Warrior's Path TSD Adults GBP</u> Grappling (Positioning)		1:15pm - 2:00pm Adult TGT/TKC
7:00pm to 7:45pm	7:00pm-8:15pm <u>HRD Adult</u> Basics, Techniques, Forms (Open Hand & Weapons) Sparring	<u>Basic TSD Adults BBC</u> Basic, Forms, & Sparring	7:00pm-8:15pm <u>HRD Adult</u> Basics, Techniques, Grappling	<u>Basic TSD Adults BBC</u> Basics, Ilbo Daeryun, & Hoshinsul		
7:45pm to 8:00pm		<u>Warrior's Path TSD BBC Adults</u> Add. Sparring & Weapons		<u>Warrior's Path TSD BBC Adults</u> Grappling (Take-downs & Submissions)	*Junior Tests are held on the 3 <sup>rd</sup> Friday of the month at 4:30pm. On these test days there is no Acrobop, but there is Fight Night at 6pm. Juniors that test must attend the following Sat for breaking and belt ceremony.	*Adult Tests are held on the 3 <sup>rd</sup> Saturday of the month at 10:30pm. On these test days there are no classes. Breaking and Belt ceremony for adults and juniors takes place immediately following the adult portion of the test. Juniors should arrive no later than Noon.
8:15pm to 9:00pm	Private Lessons	<u>Fighting Fit:</u> (Open to the Public)	8:15pm - 10:00pm <u>Tae Jun Sa</u>	<u>Fighting Fit:</u> (Open to the Public)		

(GBP: Green Belt Program = Beg Ranks | BBC: Black Belt Club = Int/Adv Ranks)

\*\*Check event schedule in the dojang and online for full list of all test dates, tip tests, seminars, and other special events throughout the year!\*\*

## Some Class Descriptions

HWA RANG DO®	TAE SOO DO®	TAE JUN SA	TGT/TKC
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.	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 required for more advanced training. Great for both adults and children looking to begin the martial art journey.	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 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.
WARRIOR PATH	GO TOO GI	MUGI DAERYUN	FIGHTING FIT
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.	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.	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 first with a Jukdo (bamboo sword), then move to staff and even double swords! Class involves detailed training with a Jukdo, then once you become proficient and get your armor – the real fun begins with actual weapon fighting!	This class is also open to the public and other friends and family members who are not regular students! Get in the best shape of you life by training for full contact fighting <u>without</u> 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.

Please refer to the Sung Gong Journals, the Attendance Cards, and Hwa Rang Do® Manuals for more information.

**Go online to keep up with all the info & announcements of the dojang!**

## Hwa Rang Do® Minneapolis Academy

Branch of the World Hwa Rang Do® Association

### CLASS SCHEDULE & CURRICULUM



**Effective September 5, 2006**

*Schedule may change upon further notice.  
Please check the Master Calendar for any updates  
and all special events held throughout the year.*

5415 1/2 Nicollet Ave. S.  
Minneapolis, MN 55419

Phone: (612) 824-KICK (5425)

Fax: (612) 824-5428

Website: [www.hwarangdomn.com](http://www.hwarangdomn.com)

Email: [jungdo@hwarangdomn.com](mailto:jungdo@hwarangdomn.com)