



2025 3rd Quarter : June 9 - July 4

Class Schedule & Events

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Important Events

- June 9** **SUMMER CAMP BEGINS!** (7 am - 9 pm!)
- June 27** **Parents Night Out SUMMER PARTY** (4 - 9 pm!)
- July 1-5** **AAU Nationals @ Salt Lake, Utah**
- July 4** **AMAA Closed**
- July 14-19** **BEGINNER'S PARKOUR AND WEAPON CAMP** (2 - 4 pm!)
- July 23-26** **USAT Nationals @ Ontario, CA**
- Aug. 8** **END OF SUMMER PARTY** (4 - 9 pm!)
- Aug. 11-16** **ADVANCED DEMO CAMP** 5 pm - 6:30 pm!
- Aug. 18-30** **Black Belt Test Preparation Camp** (5-6:30 pm)
- Sept. 8-12** **Quarterly Belt Test (Color Belts & Step Test)**

Program/Classes	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday
Trial & Private	4:30 pm - 5:00 pm 5:00 pm - 5:30 pm	3:30 pm - 4:00 pm	3:30 pm - 4:00 pm 4:00 pm - 4:30 pm	8:30 am / 9 am / 9:30 am
White/White +	3:30 pm - 4:00 pm (Floor B)	5:00 pm - 5:30 pm (Floor B)	Nunchak (All Level) 3:30 pm - 4:15 pm (Novice) 4:00 pm - 5:00 pm (Advanced)	7:30 am - 8:30 am (Conditioning) 10:00 am - 11:30 am (Main Training) 2 pm - 3:30 pm (Sparring Tactic)
Yellow, Orange & Purple	3:30 pm - 4:15 pm (Floor A)	4:15 pm - 5:00 pm (Floor A & B)	Non-contact. Sparring (white/yellow) 3:30 pm - 4:15 pm	
Green, Blue, Red & Brown	4:15 pm - 5:00 pm (Floor A)	3:30 pm - 4:15 pm (Floor A & B)	Intro. Sparring (Orange/purple) 4:00 pm - 5:00 pm Novice Sparring (green, blue, red)	
MDK National Summer Camp	7:30 am - 8:30 am (Conditioning) 10:00 am - 12 noon (Techniques) 5 pm - 6:30 pm (Advanced)	7:30 am - 8:30 am (Conditioning) 10:00 am - 12 noon (Techniques) 5 pm - 6:30 pm (Advanced)	5:00 pm - 6:00 pm Adv. Sparring (brown, black & MDK) 6:00 pm - 7:30 pm	
Adults/Teens & Black Belts	6:00 pm - 7:30 pm (white/yellow) 6:00 pm - 8:00 pm (purple & up)	6:30 pm - 7:30 pm (everyone)	6:00 pm - 7:30 pm (everyone)	



AMAA Curriculum Tutorial Videos

Traditional Form for Color Belts

TG 1	Yellow Belt	https://youtu.be/kGHcOz4o_f8
TG 2	Purple	https://youtu.be/6ZHf0fv3M40
TG 3	Purple +	https://youtu.be/0a4aGdkJU6U
TG 4	Green	https://youtu.be/REDW7G5Mxas
TG 5	Blue	https://youtu.be/CQUdofFtISE
TG 6	Red	https://youtu.be/Dp3rcmJxqPo
TG 7	Brown	https://youtu.be/V6X43-o3V0w
TG 8	Brown +	

Dynamic Conditioning & Stretching w/ Chair

(for intermediate to advanced students)

<https://youtu.be/E3ZH-jLYjoQ>

Basic Core Workout for TKD athletes

<https://youtu.be/okCYAyqkHVM>

Beginner's Home Training with Parents (White - Yellow)

<https://youtu.be/0rACNiAnvRQ>

Dummy Bag Kicking Drills for Taekwondo Athletes (Red & Up)

https://youtu.be/3tW98b7_x2Q

& more on the AMAA-USA channel.

<https://www.youtube.com/channel/UCM204PI3YwhY9Zrww5GI0HA>

Traditional Form for Black Belts

Koryo (1st dan)	https://youtu.be/-fJfuu2cr5M
Keung Kang (2nd dan)	https://youtu.be/laVq_OHBdU8
Taebaek (3rd dan)	https://youtu.be/TC9_IUuTkaY
Pyong Won (4th dan)	https://youtu.be/5gzWWywlzcA
Ship Jin (5th dan)	https://youtu.be/j2GrvEuNljl
Ji Tae (6th dan)	https://youtu.be/8kJQJrGx0bl

Taekwondo Sparring Rules

<https://www.youtube.com/watch?v=8-Pl-e8WOTQ>

AMAA on Social Media



Facebook: important announcements

<https://www.facebook.com/groups/32955431831>



Instagram

https://www.instagram.com/amaa_simivalley



TikTok : short training trips and fun highlights

https://www.tiktok.com/@amaa_simi