



2024 4th Quarter : Sept. 9 - Dec. 30

Class Schedule & Events

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MDK @ 2024 AAU National Results

- 🏆 Earned Top 20 Club (3 years in a row)
- 🏆 9 out of 18 athletes medaled (10 total medals)
- 🏆 6 athletes qualified for National Team Trials!

Ethan Lui, Rian Gupta, Isabel Hartong, Jessica & Justin Ding, Owen Zhang

Rian Gupta (14)

2025 AAU Cadet National Team Member!


Master Derrick Kwak

2025 AAU Regional Elite Coach



Important Events

- Sept. 4-6 **QUARTERLY BELT TEST**
- Sept. 9 2024-2025 MDK Season begins!
- Sept. 14 **OPEN HOUSE!** 10 am - 12 noon
- Nov. 1 **Halloween Party - Parent's Night Out!**
- Nov. 28-29 **Thanksgiving Break** - Closed -
- Dec. 16-18 **QUARTERLY BELT TEST**
- Dec. 21 **Black Belt Test**
- Dec. 24-25 **Christmas Break** - Closed -
- Dec. 26-28 **Winter Boot Camp!** (8 am - 12 noon)
- Dec. 31~ Jan 1. **NEW YEAR BREAK** - Closed -

Program/Classes	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday
Trial & Private	4:30 pm - 5:00 pm	4:00 pm - 4:30 pm	5:00 pm - 5:30 pm	RSVP
White/White +	4:30 pm - 5:00 pm (Floor B)	<u>3:30 pm - 4:00 pm</u> (Floor B)	<u>3:30 pm - 4:00 pm</u> (Floor B)	Black Belt Test Preparation 8:30 am - 10:00 am Weapon 10 am - 10:45 pm Sparring & Poomsae 11 am - 12:30 pm 
Yellow/Orange & Purple	3:30 pm - 4:15 pm (Floor A & B)	4:00 pm - 4:45 pm (Floor A & B)	Beginner's Sparring (purple - blue) 4:00 pm - 5:00 pm	
Green, Blue, Red & Brown	4:00 pm - 5:00 pm (Floor A)	4:00 pm - 5:00 pm (Floor A & B)	Interm. Sparring (blue, red & brown) 5:00 pm - 6:00 pm	
MDK Team	5:00 pm - 6:30 pm (Floor A)	5:00 pm - 6:30 pm (Floor A)	Adv. Sparring (MDK & Black Belts) 6:00 pm - 7:30 pm	
Black Belt Prep.	5:00 pm - 6:30 pm (Under 17) 6:30 pm - 8:00 pm (Adults)	5:00 pm - 6:30 pm	4:00 pm - 5:00 pm (Weapon) 5:00 pm - 6:00 pm (Acrobatic)	
Adult/Teens & Black Belts	6:00 pm - 7:30 pm (white/yellow) 6:30 pm - 8:00 pm (purple & up)	6:30 pm - 7:30 pm (white/yellow) 6:30 pm - 8:00 pm (purple & up)	6:00 pm - 7:00 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/CQUdofxftISE
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-PI-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