



2025 4th Quarter: Sept. 13 - Jan. 2

Class Schedule & Events

www.amaa-usa.com

Email: masterkwak@amaa-usa.com

Tel. 805-587-9999



Important Events

- Oct. 4 **OPEN HOUSES** (11 am - 1 pm)
- Oct. 25 **Halloween Party!** 4 pm - 9 pm
- Nov. 27-28 **THANKSGIVING BREAK** Test
- Dec. 15-18 **Quarterly Belt Test** (Color Belts & Step)
- Dec. 20 **Annual Black Belt Test** (1st to 4th dan)
- Dec. 22 **Holiday Consolidated Schedule** (TBA)
- ~ Jan 2 **Winter Camp available!** (8 am to 6 pm)
- Dec. 22 **Holiday Consolidated Schedule** (TBA)

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	9 am - 11 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) 4:15 pm - 5:00 pm (Advanced)	 8:00 am - 9:30 am (Conditioning) 10:00 am - 11:00 am (Demo/Weapon) 11:00 am - 1 pm (Sparring)
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 - 5:15 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	4:15 pm - 6:00 pm (B Team) 5:00 pm - 6:00 pm (A Team)	5 pm - 6:30 pm (A Team only)	5:00 pm - 6:00 pm Adv. Sparring (brown, black & MDK) 6:00 pm - 7:30 pm	
Adults/Teens & Black Belts	6:00 pm - 7:00 pm (white-purple) 6:00 pm - 7:30 pm (green & 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/j2GrvEuNljI
Ji Tae (6th dan)	https://youtu.be/8kJQJrGx0bI

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