



# 2024 2nd Quarter : April 1 - May 31

## Class Schedule & Events

[www.amaa-usa.com](http://www.amaa-usa.com)

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**2024 AAU NATIONAL QUALIFIER**  
SOUTHERN PACIFIC DISTRICT  
**JUNE 1, 2024**

**EVENTS**

- OLYMPIC SPARRING: (Dae-do Gen 2)
- BLACK BELTS (FULL HEAD CONTACT)
- COLOR BELTS (LIGHT HEAD CONTACT)
- SPORT POOMSAE:
  - INDIVIDUAL
  - PAIR
  - TEAM
- TRADITIONAL POOMSAE
  - INDIVIDUAL
- CREATIVE POOMSAE
  - INDIVIDUAL
  - CREATIVE WEAPON
  - CREATIVE BREAKING

ONLINE REGISTRATION ONLY  
[WWW.AAU-TKD.COM](http://WWW.AAU-TKD.COM)

EARLY REGISTRATION: MARCH 1 - MARCH 31, 2024  
REGULAR REGISTRATION: APRIL 1 - APRIL 30, 2024  
LATE REGISTRATION: MAY 1 - MAY 26, 2024  
REGISTRATION CLOSE: MAY 27, 2024

AMAA is proud to present

### AAU NATIONAL QUALIFIER - SOUTHERN CALIFORNIA

- Convenience and cost-effective opportunity to compete in a high-quality tournament!
- Free admission tickets (2) for AMAA members
- Free Saturday preparation classes
- Best coaching support
- Registration: [www.aau-tkd.com](http://www.aau-tkd.com)

Early registration for AMAA members: April 13, 2024!

Please message [Masterkwak@amaa-usa.com](mailto:Masterkwak@amaa-usa.com)

for more information!

**April 1**

New Quarter Begin

**May 27**

MEMORIAL DAY (CLOSED)

**June 1**

AAU National Qualifier @ Cal Luthern

**June 3-6**

QUARTERLY BELT TEST

**June 10 -**


AMAA SUMMER CAMP!

**Aug. 14**

(8 am - 6 pm) Sign Up Now!

[www.amaa-usa.com](http://www.amaa-usa.com) for more detail!



Program/Classes	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday
Trial & Private Lesson	4 pm - 4:30 pm	3:30 pm - 4:00 pm	4 pm - 4:30 pm	RSVP
White/White +	5:00 pm - 5:30 pm (Floor B)	3:45 pm - 4:30 pm (Floor B)	5:00 pm - 5:45 pm (Floor B)	<b>Makeup Class (RSVP)</b> 9:00 am - 9:45 am  <b>MDK Demo / Poomsae</b> 8:30 am - 10:00 am  <b>Advanced Weapon</b> 10:15 am - 11:00 am  <b>MDK Sparring</b> 11 am - 12:30 noon  
Yellow/Orange & Purple	3:45 pm - 4:30 pm (Floor A & B)	4:30 pm - 5:15 pm (Floor A)	5:00 pm - 5:45 pm (Floor B)	
Green, Blue, Red & Brown	4:30 pm - 5:15 pm (Floor A)	3:30 pm - 4:30 pm (Floor A)	Weapon (Beginners & Interm.) 3:30 pm - 4:00 pm Begin. Sparring (Purple/Green) 4 pm - 5 pm Interm. Sparring (Blue/Red) 5 pm - 6 pm Advanced Sparring (Brown&Black) 6 pm - 7:30 pm	
MDK Team	5:15 pm - 6:30 pm (Demo) 5:30 pm - 6:30 pm (Sparring)	5:15 pm - 6:30 pm (color belts) 5:15 pm - 7:00 pm (black belts)		
Adult/Teens & Black Belts	6:30 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 (blue & up)	6:00 pm - 7:00 pm (everyone)	

# AMAA Curriculum Tutorial Videos

## Traditional Form for Color Belts

TG 1	Yellow Belt	<a href="https://youtu.be/kGHcOz4o_f8">https://youtu.be/kGHcOz4o_f8</a>
TG 2	Purple	<a href="https://youtu.be/6ZHf0fv3M40">https://youtu.be/6ZHf0fv3M40</a>
TG 3	Purple +	<a href="https://youtu.be/0a4aGdkJU6U">https://youtu.be/0a4aGdkJU6U</a>
TG 4	Green	<a href="https://youtu.be/REDW7G5Mxas">https://youtu.be/REDW7G5Mxas</a>
TG 5	Blue	<a href="https://youtu.be/CQUdofFtISE">https://youtu.be/CQUdofFtISE</a>
TG 6	Red	<a href="https://youtu.be/Dp3rcmJxqPo">https://youtu.be/Dp3rcmJxqPo</a>
TG 7	Brown	<a href="https://youtu.be/V6X43-o3V0w">https://youtu.be/V6X43-o3V0w</a>
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](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)	<a href="https://youtu.be/-fJfuu2cr5M">https://youtu.be/-fJfuu2cr5M</a>
Keung Kang (2nd dan)	<a href="https://youtu.be/laVq_OHBdU8">https://youtu.be/laVq_OHBdU8</a>
Taebaek (3rd dan)	<a href="https://youtu.be/TC9_IUuTkaY">https://youtu.be/TC9_IUuTkaY</a>
Pyong Won (4th dan)	<a href="https://youtu.be/5gzWWywlzCA">https://youtu.be/5gzWWywlzCA</a>
Ship Jin (5th dan)	<a href="https://youtu.be/j2GrvEuNljl">https://youtu.be/j2GrvEuNljl</a>
Ji Tae (6th dan)	<a href="https://youtu.be/8kJQJrGx0bl">https://youtu.be/8kJQJrGx0bl</a>

## 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](https://www.instagram.com/amaa_simivalley)



TikTok : short training trips and fun highlights

[https://www.tiktok.com/@amaa\\_simi](https://www.tiktok.com/@amaa_simi)