



Grand Master D.Y. Pai's Tae Kwon Do

April 2021

Lesson of the Month: *Nutrition*

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
3/28 — Mock Sparring Week —	3/29	3/30	3/31	1	2 NO CLASSES! Happy Easter!	3 NO CLASSES! Happy Easter!
4 — Cobra Cup Prep : Forms Week —	5 Learning the Introduction	6	7	8	9 5:00 PM—BB Mini Power Class Session 1 6:20 PM—BB Mini Power Class Session 2	10 NO CLASSES!
11 — Cobra Cup Prep : Forms & Speed Kicking —	12 Tips and Tricks to Speed Kicks and Forms	13	14	15	16 5:00 PM—April Make-Up Exam 5:40 PM—BB Prep Class #5 7:00 PM—Leadership Team Class	17 NO CLASSES! Deadline to Register for Cobra Cup!
18 — Countdown to Cobra Cup! —	19 Forms & Speed Kicks	20 Forms & Speed Kicks	21 Board Breaking & Forms	22 Board Breaking & Forms	23 NO CLASSES! Cobra Cup Set-Up!	24 PAI'S COBRA CUP! @ Rensselaer Location
25 — Nunchuck Week —	26	27	28	29	30 5:00 PM—BBC/MC Class 5:40 PM—BB Prep Phase II Exam 7:00 PM—Demo Team Class	5/1 NO CLASSES!

SPARK MEMBER APP

Make sure to download SPARK MEMBER APP!
Book your classes, look up your TKD curriculum, check your class attendance, get the latest updates, and MORE! Email us for instructions!

PAI'S COBRA CUP

**Saturday, April 24 @ Rensselaer
Register by April 17**

Join us in our first ever Cobra Cup!
Test your Taekwondo skills, build new friendships, and boost your confidence in a fun and exciting tournament!
Sign Up Today!

|Upcoming Events|

- 5/5 & 5/6—Mom and Me Class!
- 5/7—BB Prep Class #8
- 5/21—BB Prep Phase III Exam
- 5/24—T-shirt Season Starts!
- 5/28-5/31—No Classes! Happy Memorial Day!
- 6/4—BB Prep Class #10
- 6/7—Promotion Exam Week
- 6/12 Black Belt Spectacular
- 6/16 & 6/17—Dad and Me Class!
- 6/19—BB & Leadership Team Retreat (TBD)

Summer Camp Information TBD

Keep an eye out for emails/posts on any additional events!