



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

August 2021

Lesson of the Month: *Optimism*

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 — Jump Rope Week — Classes Back In Session!	2	3	4 SPARRING during Wed & Thurs Classes Begins! Remember to bring your Sparring Gear!	5	6 5:00 PM—BBC/MC Class 5:40 PM—BB Prep Class 2	7 10 AM—MM & White Belt Test @ Location TBD 11 AM—Color Belt Make-Up Test @ Location TBD
8 — Summer Camp Week 4 — — Jump Kick Week —	9	10	11	12	13 5:00 PM—BB Power Class 6:30 PM—Demo Practice	14 TKD Buddy Bash and Special Demonstration @ Rensselaer Location *Look Out for More Info!*
15 — Summer Camp Week 5 — — Stripe Check Week —	16	17	18	19	20 5:00 PM—BBC/MC Class 5:40 PM—BB Prep Phase I Exam	21 NO CLASSES!
22 — Summer Camp Week 6 — — Test Prep Week —	23	24	25	26	27 5:00 PM—BB Power Class 6:30 PM—Leadership Team Class	28 NO CLASSES!
29 — Board Breaking Week — — Test Prep Week —	30	31	9/1	9/2	9/3 No Classes 9/3—9/6! Labor Day Long Weekend! Classes Resume 9/7!	9/4

IMPORTANT REMINDERS:

- * Wear mask correctly while inside the building.
- * Stay home if not feeling well or know you have been exposed to someone with COVID.
- * Continue to wash / sanitize hands & keep fingers away from eyes, nose, mouth!
- * Let's continue to fight this pandemic together! Be healthy & be safe!

|Upcoming Events|

TBD—BB & Leadership Team Retreat
 9/3-9/6—No Classes! Labor Day Long Weekend!
 Week of 9/13 (TBD)—Color Belt Exam
 9/17—BB Prep Class #4
 10/16—Pai's Fall Championship

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

Pai's Summer Camp!

There are still a few spots left for the remaining weeks!
Sign Up Today!

Emails & Updates:

- * If you are not receiving our emails, please provide the Pro-Shop with the correct email address!
- * Every Monday and Tuesday class will be focused on FORMS.
- * Every Wednesday and Thursday class will be focused on SPARRING.