

Guardian Traditional Martial Arts
Fall 2022 Class: Schedule A
Instructor: Hozalski SBN

Start Time	TUESDAY	THURSDAY
4:30 - 5:15 pm	Super Warriors (4-5 yrs)	Elite Warriors (6-7 yrs)
5:15 - 6:00 pm	Elite Warriors (6-7 yrs)	Green/Red belts
6:00 - 6:45 pm	White/Yellow belts	Orange belts
6:45 - 7:15 pm	Gup Sparring	Board-breaking/Bully-Proofing *
7:15 - 7:45 pm	AMA	AMA
8:00 - 8:45 pm		Power Hour (Adults)

CONTACT US:

Phone: (856) 292-3238
 Email: guardiansoobahkdo@gmail.com
 Web site: www.guardiantraditionalmartialarts.com
 Facebook/IG: @guardiansoobahkdo
 FB Group: We Are The Guardians
 Remind App: @guardianw (Hozalski SBN)
 or @guardiant (Le SBN)

* Requires Leadership Team membership

Start Time	SATURDAY	2ND SUNDAY OF THE MONTH
8:15 - 9:00 am	Power Hour (Adults)	
9:00 - 9:30 am	Power Hour (Kids) *	Power Hour/Self Defense (Adults)
9:30 - 10:15 am	Super Warriors (4-5 yrs)	
10:15 - 11:00 am	White/Yellow belts	
11:00 - 11:45 am	Orange belts	
11:45 - 12:30 pm	Green/Red belts	
12:30 - 1:00 pm	AMA Private	
12:30 - 1:00 pm	STORM/Leadership Team Training *	
1:00 - 1:45 pm	Red Belt Candidates	
1:45 - 2:30 pm	Dan Candidates	

* Requires Leadership Team membership

Guardian Traditional Martial Arts

Fall 2022 Class: Schedule B

Instructor: Le SBN

Start Time	MONDAY	WEDNESDAY	FRIDAY
4:00 - 4:45 pm			Bully-Proofing *
4:45 - 5:30 pm	Orange belts	Red Belt Candidates	Orange belts
5:30 - 6:15 pm	Green belts	Kids Sparring (all ranks)	Green belts
6:15 - 7:00 pm	Red belts		Red belts
6:15 - 7:15 pm		Dan Candidates	
7:15 - 7:45 pm		Adult Sparring (all ranks)	
7:00 - 7:45 pm	All Candidates		Board-breaking *
7:45 - 8:30 pm	Adults All Ranks (14+)	Adults All Ranks (14+)	Reality Self-Defense (14+) *

Power Hour (Adults) *	Power Hour (Kids) *
Thurs 8:00 pm	Sat 9:00 am
Sat 8:15 am	
2nd Sun 9 am	

STORM/Leadership Team Training *
Sat 12:30 pm

*** Requires Leadership Team membership**

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