



GREENSBORO BLACK BELT ACADEMY
at the RAGSDALE FAMILY YMCA
February 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 BASICS & FORMS	2 KICKING & SPARRING
3	4 BASICS & FORMS	5	6 KICKING & SPARRING	7	8 BASICS & FORMS	9 KICKING & SPARRING
10	11 BASICS & FORMS	12	13 KICKING & SPARRING	14	15 BASICS & FORMS	16 KICKING & SPARRING
17	18 BASICS & FORMS	19	20 KICKING & SPARRING	21	22 BELT & STRIP TESTING	23 BLACK BELT TESTING
24	25 BASICS & FORMS	26	27 KICKING & SPARRING	28		

Mon/Wed 3:15-4:15 and 5:45 – 6:45 All Levels

Dwayne Williams 336.601.5287

Mon/Fri 5:45-6:15 White/Yellow 5:45 – 6:45 Green and Above

Sat 10:15 -11 Basics & Forms and 11-12 Kicking & Sparring

Ragsdale YMCA 336.882.9622



GREENSBORO BLACK BELT ACADEMY
at the RAGSDALE FAMILY YMCA
March 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Basics & Forms	2 Kicking & Sparring
3	4 Basics & Forms	5	6 Kicking & Sparring	7	8 Basics & Forms	9 Kicking & Sparring
10	11 Basics & Forms	12	13 Kicking & Sparring	14	15 Basics & Forms	16 Kicking & Sparring
17	18 Basics & Forms	19	20 Kicking & Sparring	21	22 Basics & Forms	23 Kicking & Sparring
24/ 31	25 Basics & Forms	26	27 Kicking & Sparring	28	29 STRIP TESTING 545 PM	30 Kicking & Sparring

Mon/Wed 3:15-4:15 and 5:45 – 6:45 All Levels

Mon/Fri 5:45 – 6:15 White/Yellow 5:45 – 6:45 Green and Above

Sat 10:15 -11 Basics & Forms and 11-12 Kicking & Sparring

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April 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Basics & Forms	2	3 Kicking & Sparring	4	5 Basics & Forms	6 Kicking & Sparring
7	8 Basics & Forms	9	10 Kicking & Sparring	11	12 Basics & Forms	13 Kicking & Sparring
14	15 Basics & Forms	16	17 Kicking & Sparring	18	19 Basics & Forms	20 Kicking & Sparring
21	22 Basics & Forms	23	24 Kicking & Sparring	25	26 BELT & STRIP TESTING 545 PM	27 Kicking & Sparring
28	29 Basics & Forms	30				

Mon/Wed 3:15-4:15 and 5:45 – 6:45 All Levels

Dwayne Williams 336.601.5287

Mon/Fri 5:45 – 6:15 White/Yellow 5:45 – 6:45 Green and Above

Sat 10:15 -11 Basics & Forms and 11-12 Kicking & Sparring

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May 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Kicking & Sparring	2	3 Basics & Forms	4 Kicking & Sparring
5	6 Basic & Forms	7	8 Kicking & Sparring	9	10 Basics & Forms	11 Kicking & Sparring
12	13 Basic & Forms	14	15 Kicking & Sparring	16	17 Basics & Forms:	18 Kicking & Sparring
19	20 Basic & Forms	21	22 Kicking & Sparring	23	24	25 Kicking & Sparring
26	27 Basic & Forms	28	29 Kicking & Sparring	30	31 STRIP TESTING 545 PM	

Mon/Wed 3:15-4:15 and 5:45 – 6:45 All Levels

Mon/Fri 5:45- 6:15 White/Yellow 5:45- 6:45 Green and Above

Sat 10:15 -11 Basics & Forms and 11-12 Kicking & Sparring

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June 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Kicking & Sparring
2	3 Basics & Forms	4	5 Kicking & Sparring	6	7 Basics & Forms	8 Kicking & Sparring
9	10 Basics & Forms	11	12 Kicking & Sparring	13	14 Basics & Forms	15 Kicking & Sparring
16	17 Basics & Forms	18	19 Kicking & Sparring	20	21 Basics & Forms	22 Kicking & Sparring
23 30	24 Basics & Forms	25	26 Kicking & Sparring	27	28 BELT & STRIP TESTING 5:45	29 Kicking & Sparring

Mon/Wed 3:15-4:15 and 5:45 -6:45 All Levels
Mon/Fri 5:45 – 6:15 White/Yellow 5:45 – 6:45 Green and Above
Sat 10:15 -11 Basics & Forms and 11-12 Kicking & Sparring

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July 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Basics & Forms	2	3 Kicking & Sparring	4	5 Basics & Forms	6 Kicking & Sparring
7	8 Basics & Forms	9	10 Kicking & Sparring	11	12 Basics & Forms	13 Kicking & Sparring
14	15 Basics & Forms	16	17 Kicking & Sparring	18	19 Basics & Forms	20 Kicking & Sparring
21	22 Basics & Forms	23	24 Kicking & Sparring	25	26 STRIP TESTING 545 PM	27 Kicking & Sparring
28	29 Basics & Forms	30	31 Kicking & Sparring			

Mon/Wed 3:15-4:15 and 5:45 – 6:45 All Levels
Mon/Fri 5:45 – 6:15 White/Yellow 5:45 – 6:45 Green and Above
Sat 10:15 -11 Basics & Forms and 11-12 Kicking & Sparring

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August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Basics & Forms	3 Kicking & Sparring
4	5 Basics & Forms	6	7 Kicking & Sparring	8	9 Basics & Forms	10 Kicking & Sparring
11	12 Basics & Forms	13	14 Kicking & Sparring	15	16 Basics & Forms	17 Kicking & Sparring
18	19 Basics & Forms	20	21 Kicking & Sparring	22	23 Basics & Forms	24 Kicking & Sparring
25	26 Basics & Forms	27	28 Kicking & Sparring	29	30 BELT & STRIP TESTING 545 PM	31 BLACK BELT TEST

Mon/Wed 3:15-4:15 and 5:45-6:45 All Levels
 Mon/Fri 5:45-6:15 White/Yellow 5:45-6:45 Green and Above
 Sat 10:15 -11 Basics & Forms and 11-12 Kicking & Sparring

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September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Basics & Forms	3	4 Kicking & Sparring	5	6 Basics & Forms	7 Kicking & Sparring
8	9 Basics & Forms	10	11 Kicking & Sparring	12	13 Basics & Forms	14 Kicking & Sparring
15	16 Basics & Forms	17	18 Kicking & Sparring	19	20 Basics & Forms	21 Kicking & Sparring
22/ 29	23/30 Basics & Forms	24	25 Kicking & Sparring	26	27 STRIP TESTING 5:45PM	28

Mon/Wed 3:15-4:15 and 5:45-6:45 All Levels
Mon/Fri 5:45-6:15 White/Yellow 5:45-6:45 Green and Above
Sat 10:15 -11 Basics & Forms and 11-12 Kicking & Sparring

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October 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Kicking & Sparring	3	4 Basics & Forms	5 Kicking & Sparring
6	7 Basic &Forms	8	9 Kicking & Sparring	10	11 Basic &Forms	12 Kicking & Sparring
13	14 Basic &Forms	15	16 Kicking & Sparring	17	18 Basic &Forms	19 Kicking & Sparring
20	21 Basic &Forms	22	23 Kicking & Sparring	24	25 BELT & STRIP TESTING 545 PM	26 Kicking & Sparring
27	28 Basic &Forms	29	30 Kicking & Sparring	31		

Mon/Wed 3:15-4:15 and 5:45-6:45 All Levels

Mon/Fri 5:45-6:15 White/Yellow 5:45-6:45 Green and Above

Sat 10:15 -11 Basics & Forms and 11-12 Kicking & Sparring

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GREENSBORO BLACK BELT ACADEMY

at the Winston Lake YMCA

November 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Basics & Forms	2 Kicking & Sparring
3	4 Basics & Forms	5	6 Kicking & Sparring	7	8 Basics & Forms	9 Kicking & Sparring
10	11 Basics & Forms	12	13 Kicking & Sparring	14	15 Basics & Forms	16 Kicking & Sparring
17	18 Basics & Forms	19	20 Kicking & Sparring	21	22 Basics & Forms	23 Kicking & Sparring
24	25 Basics & Forms	26	27 Kicking & Sparring	28	29 CLOSED FOR THANKSGIVING	30

Mon/Wed 3:15-4:15 and 5:45-6:45 All Levels
 Mon/Fri 5:45-6:15 White/Yellow 5:45-6:45 Green and Above
 Sat 10:15 -11 Basics & Forms and 11-12 Kicking & Sparring

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December 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Basics & Forms	3	4 Kicking & Sparring	5	6 Basics & Forms	7 Kicking & Sparring
8	9 Basics & Forms	10	11 Kicking & Sparring	12	13 Basics & Forms	14 Kicking & Sparring
15	16 Basics & Forms	17	18 Kicking & Sparring	19	20 Basics & Forms	21 Kicking & Sparring
22	23 Basics & Forms	24	25 CLOSED FOR CHRISTMAS	26	27 Belt Testing 545 pm	28 Kicking & Sparring
29	30 Basics & Forms	31				

Mon/Wed 3:15-4:15 and 5:45-6:45 All Levels
Mon/Fri 5:45-6:15 White/Yellow 5:45-6:45 Green and Above
Sat 10:15 -11 Basics & Forms and 11-12 Kicking & Sparring

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