

Kuk Sool Won™ Timetable (12th April to 16th May 2021*)

*dates subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday
16:00	Tiny Tigers Tigers	Tiny Tigers Tigers	Tiny Tigers Tigers	Tiny Tigers Tigers	Tiny Tigers Tigers
17:00	Crane Mini Mantis/Mantis	Crane Mini Mantis/Mantis	Crane Mini Mantis/Mantis	Crane Mini Mantis/Mantis Junior JKN	Crane Mini Mantis/Mantis
18:00	Junior DBN Junior JKN	Dragons Beg/Int Youth/Adult	Dragons Beg/Int Youth/Adult	Dragons Youth/Adult JKN	Dragons
19:00	Youth Black Belt	Youth Adv Youth/Adult	Adv Youth/Adult	Youth KSN/PSBN	
20:00	Adult Black Belt				

Please note that there are no toilet facilities at the outside venues

FITNESS: 6pm/7pm/8pm 1st Monday, 2nd Tuesday, 3rd Wednesday & 4th Thursday of the month

	Friday
11:30	Adult
Saturday	
09:00	U18 Beginner Beginner Family
10:00	U18 Advanced Advanced Family
11:00	U18 Intermediate Intermediate Family
Sunday	
16:00	Family
17:00	Advanced Black Belt
Wednesday SouthBookham SPACE	
18:00	U18 Beginner/Intermediate
19:00	U18 Advanced

The Super Six

TINY TIGERS



4-6 yrs White/
Yellow

TIGERS



6-8 yrs White/
Yellow

CRANES



9-12 yrs
White/
Yellow

MINI MANTIS



6-8 yrs
Blue/Red/
Brown

MANTIS



9-12 yrs
Blue/Red/
Brown

DRAGONS



12 yrs &
under
DBN/Black

Keys

Inside: Claygate Martial Arts Centre, 162 Hare Lane, Claygate, KT10 0RD

Outside: Claygate Primary School, Foley Road, Claygate, KT10 0NB

Outside: North Lodge Stables, Hurst Lane, Headley, KT18 6DL

Zoom: CMAC Login 1

Beginner: White Belt

Intermediate: Yellow Belt to Brown Belt

Advanced: DBN/Black Belt

Junior: Under 13

Youth: 13-17

Adult: 18+