



May 2026

LEVEL 1 - White Belt to Yellow Stripe Belt
LEVEL 2 - Yellow Belt to Green Stripe Belt
LEVEL 3 - Green Belt to Red Stripe Belt
LEVEL 4 - Red Belt to Black Belts

CLASS SCHEDULE

TIMES	MON	TUE	WED	THU	FRI	SAT
Morning Classes						
10:00 – 10:45						Level 1 - 2
11:00 – 11:45						Level 3 - 4
Afternoon and Evening Classes						
4:00 – 4:45	Level 1 - 2	Level 2 - 3	Level 1 - 2	Level 2 - 3		
4:50 – 5:35	Level 1	Level 3 - 4	Level 1	Level 3 - 4	Level 1 - 2	
5:40 – 6:25	Level 3 - 4	Level 1	Level 3 - 4	Level 1	Level 3 - 4	
6:30 – 7:15	Level 3 - 4	Level 1 - 2	Level 3 - 4	Level 1 - 2	Belt Test Prep "Open DoJang" 6:30 PM - 7:00 PM	
7:20 – 8:05	Level 1 - 4 <small>Age 9+</small>	Poomsae Team 6:00 PM - 9:00 PM	Level 1 - 4 <small>Age 9+</small>	Poomsae Team 6:00 PM - 9:00 PM	Starts at 6:30 PM (Cancelled if no one arrives by 6:40)	

Upcoming "New Student" Trial Program

INCLUDES

- Private Orientation Lesson
- 2 Weeks of Classes
- a **FREE** - Fire Dragon Uniform

When: Mondays to Thursdays 6:00 PM

Cost: ONLY \$27.00 +gst

Plus all the information a family would required in order to decide if they wish to enroll into our regular program.

Call or Text us to Book [403-502-2228](tel:403-502-2228)



Birthdays This Month



Sebastian	McKenzie	5/1	Kayson	Barrieau	5/21
Dominic	Breton	5/1	Roland	David	5/21
Cory	Holton	5/4	Ksenya	Montgomery	5/24
Paige	Stodalka	5/5	Kade	Sept	5/24
David	Ibikunle	5/6	Yasmina	Elkasssem	5/25
Hazel	Gutierrez	5/19	Harmony	Woodworth	5/25
Erica	Johnson	5/20	Sara	Zacharias	5/31

FIRE DRAGON TAEKWONDO

CLASS SCHEDULE

May 2026

SUN	MON	TUE	WED	THU	FRI	SAT
26 Closed	27 Open Belt Test and Progress	28 Open ⇐	29 Open ⇐	30 Open ⇐	May 1 Open ⇐	2 Open Sparring Seminar
3 Closed	4 Open	5 Open	6 Open	7 Open	8 Open	9 Open
10 Closed	11 Open	12 Open	13 Open	14 Open	15 Open	16 Open Poomsae Seminar
17 Closed Poomsae Seminar	18 Closed Calgary	19 Open	20 Open	21 Open	22 Open	23 Open
24 Closed	25 Open	26 Open	27 Open	28 Open	29 Open	30 Open
31 Closed Tournament	June 1 Open Red Deer	2 Open	3 Open	4 Open	5 Open	6 Open

Self Defence Tips Tests & Open Dojang On Friday's

- You must attend at least 1 time, after earning your blue tip, to test for your **Orange (self defense) tip**.

Note: If you are coming to Test for **Orange Tip**, you must already know the moves.

Video's are available on our website: www.DragonTKD.com

- **Also**, a space where you can practice and work on whatever you need or want, without an instructor directing you.

- Students may request assistance, but parents or students must bring this to the instructor's attention. During Open Dojang, instructors, normally do not intervene in the students' practice.

HP POOMSAE TRAINING CAMP

Join us for a high-performance Poomsae training camp led by Team Canada Poomsae Head Coach, Master Ri Seong Kang. This camp is designed to help athletes refine technique, improve performance, and take the next step in their Poomsae development.

Perfect for both color belts and black belts looking to elevate their skills.

Dates: May 16 & 17, 2026

Schedule:

Color Belts: 10:00 AM to 12:30 PM
Black Belts: 2:00 PM to 4:30 PM

Location:

104, 620 - 46 Avenue NE
Calgary, Alberta

Cost:

One Day: \$90
Two Days: \$170

Registration Deadline: May 14, 2026

Instructor:

Master Ri Seong Kang
Team Canada Poomsae Head Coach

Contact:

RedPhoenixTKDgroup@gmail.com