



WNC SOO BAHK DO

*All Classes held at Henderson County's
Athletic and Activity Center @ 708 S Grove St*



DECEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <u>DANCE Room</u> 5:00 KIDS GRN RED WHT ORG 6:00 ALL TEEN / ADULTS	3 <u>MAT Room</u> 5:30 DAN CLASS	4	5 <u>MAT Room</u> 5:00 KIDS GRN RED WHT ORG 6:00 ALL TEEN / ADULTS	6	7
8	9 <u>DANCE Room</u> 5:00 KIDS GRN RED WHT ORG 6:00 ALL TEEN / ADULTS	10 <u>MAT Room</u> 5:30 DAN CLASS	11	12 <u>MAT Room</u> 5:00 KIDS GRN RED WHT ORG 6:00 ALL TEEN / ADULTS	13	14 <u>MAT Room</u> <b style="color: red;">DAN CLINIC <b style="color: green;">9:00 — 11:00
15	16 <u>DANCE Room</u> 5:30 — 6:30 PM <b style="color: red;">ALL Student <b style="color: green;">GUP Test	17 <u>MAT Room</u> 5:30 — 6:30 PM <b style="color: red;">"PRE-HOLIDAY BREAK" <b style="color: green;">WORKOUT CLASS <i>All Ages—All Ranks</i>	18	19 <b style="color: red;">CHRISTMAS <b style="color: green;">PARTY POTLUCK <b style="color: green;">5:30—7:30 PM	20	21
22	23	24	25 	26	27	28
29	30	31		<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>TENSION & RELAXATION EIGHT KEY CONCEPT #7</p> <p>SHIN = Stretch out, extend, expand</p> <p>CHOOK = Shrink, draw in, draw back, recoil, contract</p> <p><i>"Contraction & Expansion"</i></p> <p style="text-align: center; background-color: white; padding: 5px;">伸縮 신축</p> <p style="text-align: center; background-color: white; padding: 2px;">SHIN CHOOK</p> </div> <div style="width: 45%;"> <p>SPEED CONTROL EIGHT KEY CONCEPT #8</p> <p>WAN = Slow, gradually, delay</p> <p>GUP = Urgent, hasty</p> <p style="text-align: center; background-color: white; padding: 5px;">緩急 완급</p> <p style="text-align: center; background-color: white; padding: 2px;">WAN GUP</p> </div> </div> <p style="font-size: 8px; text-align: center;">SOO BAHK DO MOO DUK KWAN™</p>		