**FOLSOM TAEKWONDO CENTER  - 2024**

**CALENDAR OF EVENTS**

**(First Saturday-Monthly Class: 9 AM- Instructor, Trainee & Jr. Ldr.)**

**(1st Saturday-Monthly Seminar Series 1pm-2:00 pm)**

**JANUARY 2024**

·     6th - FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10 am

·     13th – Recommended& Black Belt Pre-Test @ FTKD 1-2:30pm

·     15th - Closed for Martin Luther King Day

·     20th - FTKD Monthly Seminar Series-Escrima Workout@ FTKD 1-2:00pm

·     27th - Sacramento Regional Tournament & Black Belt Testing

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**FEBRUARY 2024**

·      3rd - FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10am

·     3rd - FTD Monthly Seminar Series-Traditional Bo Staff @ FTKD 1-2:00 pm

·     19th - Closed for President's Day

·      24th - FTKD #1 Colored Belt & Black Belt Mid Term Examination

·     24th -Washington Regional Tournament-Oak Harbor, WA

**MARCH 2024**

·     2nd - FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10am

·     2nd -  FTKD Monthly Seminar Series-Cardio Kick Boxing @ FTKD 1-2:00 pm

·     9th - Recommended& Black Belt Pre-Test @ FTKD 1-2:30pm

·     ​15th - Moo Do Spring National Black Belt Testing

·     16th -  Moo Do Hanmadang and Spring National Black Belt Ceremony

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**APRIL 2024**

·     6th - FTKD Instructor, Trainee & Jr. Leader Workout @9-10am

·     6th - FTKD Monthly Seminar Series-MMA Workout@ FTKD 1-2:00 pm

·     13th – Minnesota Regional Tournament

·     20th -  FTKD #2 Colored Belt & Black Belt Mid Term Examination

 **MAY 2024**

·     4th – Washington Region Master Na President’s Cup Tournament

·     4th – FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10am

·     4th - FTKD Monthly Seminar Series-Grappling/JuJitsu - 1-2:00 pm

·     4th - Recommended& Black Belt Pre-Test @ FTKD 2-2:45pm

·     18th – Sacramento Regional Friendship Tournament & Black Belt Testing

·     25-27th - Closed Memorial Day Weekend

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**JUNE 2024**

·     1st - FTKD Instructor, Trainee & Jr. Leader Workout @9-10am

·     1st – FTKD Monthly Seminar Series-HoSinSul Workout - 1-2:00 pm

·     15th - FTKD #3 Colored Belt & Black Belt Mid Term Examination

·     22nd – Las Vegas Region Heat Wave Tournament

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**JULY 2024**

·     4th - Closed for Independence Day

·     6th - FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10am

·     6th -  FTKD Monthly Seminar Series-Judo @ 1-2:00 pm

​​​​·     27th – Washington Region Jack Pierce Memorial Tournament

**AUGUST 2024**

·     3rd – FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10 am

·     3rd - TKD Monthly Seminar Series-Nunchuku - 1-2:30 pm

·     10th – FTKD #4 Colored Belt & Black Belt Mid Term Examination

·     17th – Bay Area Region Olympic Legacy Tournament (Master Perez)

·     31st - Closed For Labor Day Weekend

**SEPTEMBER 2024**

·     1st & 2nd - Closed for Labor Day Weekend

·     7th – FTKD Instructor, Trainee & Jr. Leader Workout @9-10am

·     7th – FTKD Monthly Seminar Series-Winning Tournament Strategy 1-2:00

·     5th - Recommended& Black Belt Pre-Test @ FTKD 1-2:30pm

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**OCTOBER 2024**

 ·    4-7th – Moo Do National Fall Black Belt Testing/Moo Do National Championship

 Finals Competition & Black Belt Ceremony/Moo Do Season Opener

 Tournament

·     12th – FTKD #5 Colored Belt Testing & Black Belt Mid Term Examination

·     26th - FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10am

·     26th – FTKD Monthly Seminar Series- Pressure Point Control Tactics 1-2:00 pm

**NOVEMBER 2024**

·     2nd – FTKD Instructor, Trainee, & Jr. Leader Workout @9-10am

·     2nd – FTKD Monthly Seminar Series-MMA Fitness 1-2:00

·     11th-Closed for Veterans Day

·     16th – Minnesota Region Boltz Tournament

·     27th-30th - Closed for Thanksgiving Break

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**DECEMBER 2024**

·     7th – FTKD #6 Colored Belt Testing & Black Belt Mid Term Examination

·     14th – FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10am

·     14th - FTKD Monthly Seminar Series-Technical Poomsae 1-2:00 pm

·     14th – Moo Do Annual Gala

·     23rd - January 1st - Closed for Winter Break and New Year's.​​