



FOLSOM TAEKWONDO CENTER CALENDAR 2023

JANUARY 2023

- 14th – FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10 am
- 16th - Closed for Martin Luther King Day
- 21st – FTKD Monthly Seminar Series-Escrima Workout@ FTKD 1-2:00pm
- 29th –Folsom Regional Tournament & Black Belt Test @ Folsom Sports Complex

FEBRUARY 2023

- 4th– FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10am
- 18th – FTKD #1 Colored Belt & Black Belt Mid Term Examination
- 20th - Closed for President's Day
- 25th - FTKD Monthly Seminar Series-Traditional Bo Staff @ FTKD 1-2:00 pm
- 25th -Washington Regional Tournament-Oak Harbor, WA

MARCH 2023

- 4th– FTKD Instructor, Trainee & Jr. Leader Workout @ 9-
- 18th - FTKD Monthly Seminar Series-Cardio Kick Boxing @ FTKD 1-2:00 pm
- 24-25th - MOO DO Spring National Black Belt Testing & Tournament – FOLSOM LAKE COMMUNITY COLLEGE

APRIL 2023

- 1st– FTKD #2 Colored Belt & Black Belt Mid Term Examination
- 15th - FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10 am
- 23rd - FTKD Monthly Seminar Series-MMA Workout@ FTKD 1-2:00 pm

MAY 2023

- 6th – FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10am
- 6th - Black Belt Pre-Test @ 1-2:30pm
- 13th - FTKD Monthly Seminar Series-Grappling - JuJitsu - 1-2:00 pm
- 20th – Moo-Do Sacramento Regional (Friendship) Tournament and Black Belt Testing- Granite Bay High School
- 27-29th - Closed Memorial Day Weekend

JUNE 2023

- 3rd - FTKD #3 Colored Belt & Black Belt Mid Term Examination
- 10th - Grand Master Pierce Memorial Tournament - Lynnwood Washington
- 10th - FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10am
- 17th – FTKD Monthly Seminar Series-HoSinSul Workout - 1-2:00 pm

JULY 2023

- 1st-4th - Closed for Independence Day
- 8th - FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10am
- 15th - FTKD Monthly Seminar Series-Judo @ 1-2:00 pm
- 22nd - FTKD #4 Colored Belt & Black Belt Mid Term Examination

AUGUST 2023

- 5th – FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10 am
- 13th – Moo-Do Moo Duk Kwan Hanmadang
- 19th - FTKD Monthly Seminar Series-Nunchuku - 1-2:00 pm
- 26th - Las Vegas Testing/Tournament (TBD)

SEPTEMBER 2023

- 2nd-4th - Closed for Labor Day Weekend
- 9th – FTKD Instructor, Trainee & Jr. Leader Workout @9-10am
- 16th - FTKD #5 Colored Belt & Black Belt Mid Term Examination
- 23rd – FTKD Monthly Seminar Series-Winning Tournament Strategy 1-2:00

OCTOBER 2023

- 6th & 7th - Moo-Do National Championship, Black Belt Test & Awards Ceremony-Location: TBA
- 9th - Closed for Columbus Day
- 14th - FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10am
- 21st - FTKD Monthly Seminar Series-Taekwondo Philosophy - 1-2:00 pm

NOVEMBER 2023

- 4th - FTKD #6 Colored Belt & Black Belt Mid Term Examination
- 4th - FTKD Monthly Seminar Series-MMA Fitness - 1:00-2:00 pm
- 11th-Closed for Veterans Day
- 23rd-25th - Closed for Thanksgiving Weekend

DECEMBER 2023

- 2nd – FTKD Instructor, Trainee & Jr. Leader Workout @ 9-10am
- 16th - FTKD Monthly Seminar Series-Technical 1-2:00 pm
- 16th – Moo Do Annual Holiday Gala Dinner/Awards/Fun
- 23rd - FTKD #7 Colored Belt & Black Belt Mid Term Examination
- 24th-January 1st - Closed for Christmas and New Year's.