

2019 EXCEL ELITE Monthly Training Series



Month	Event	Date and Time	Cost
January	Ssahng Nat Seminar	19th (Saturday) 1:00 - 3:00 PM	\$45
February	Parents Night Out Jong Bong Training	15th (Friday) 6:00 - 9:00 PM	\$45
March	Tournament Forms Mastery	23rd (Saturday) 1:00 - 3:00 PM	\$45
April	Double Ssahng Jeol Bong	27th (Saturday) 1:00 - 3:00 PM	\$45
May	In-School Tournament	TBD	\$35
June	XMA/HYPER Seminar	15th (Saturday) 1:00 - 3:00 PM	\$45
July	Board Breaking Mastery	20th (Saturday) 1:00 - 3:00 PM	\$45
August	Double Bahng Mahng EE	10th (Saturday) 1:00 - 3:00 PM	\$45
September	Tournament Sparring Mastery	21st (Saturday) 1:00 - 3:00 PM	\$45
October	MEA TKD Day Camp	17th & 18th (Thurs./Fri.) 8:00 AM - 4:00 PM	\$149
November	Oh Sung Do Seminar	16th (Saturday) 100 - 3:00 PM	\$45
December	In-School Tournament	7th (Saturday) 1:00 PM	\$35

1. Weapons not included.
2. Training Attire - White uniform pants
Excel Martial Arts T-Shirt & Belt
3. Bring bag lunch for day camp
4. Jong Bong required for Parents
Night Out training