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Competition Training "SWAT"



SWAT helps students train for olympic sparring tournaments with the goal for each individual to train hard, participate & continue to enjoy Taekwondo.

Participants are required to have full sparring gear.

SWAT classes are held on alternating Saturdays & Sundays in Rancho Cordova:

- » 1st and 3rd Saturday • 1pm - 2pm
- » 2nd and 4th Sunday • 12pm - 1pm

Cost is \$5 per session when paid 3-months in advance. Drop-in \$7