

TEAM CORNERSTONE 2026

PRACTICE SCHEDULE MARCH & APRIL

Saturdays - 11 a

March 21

March 28

April 4

April 11 - NO PRACTICE

April 18

Tuesday & Thursday - 6:45 p

Forms Only

Every week except April 9 (NO PRACTICE / CLASS)

SPRING

Adidas GA Signature Series Event

Adidas TKD / ICO

April 25

Dacula High School

123 Broad St.

Dacula, GA 30019

Events

Traditional Forms (2 divisions): WT forms and/or Combined forms

Traditional Weapon Forms

Point Sparring

Cost

1st Event:

Before 3/21

\$89

After 3/21

\$99

Additional Events:

\$19

\$19

PLUS SERVICE FEE CHARGED BY SYSTEM

Coaches Fee:

\$35

Spectator Fee:

\$10 online / \$15 at the door

SUMMER

Battle of Atlanta

NASKA

June 18 - 20

Renaissance Waverly Hotel

2450 Galleria Pkwy.

Atlanta, GA 30339

Events

THURSDAY, JUNE 18

Battlemania: Continuous Sparring & BB Double Elimination Sparring

FRIDAY, JUNE 19

BB Korean Forms Challenge

Korean Traditional Forms (same as adidas TKD events)

Creative Forms

CONTINUED

SATURDAY, JUNE 20
NASKA Traditional Forms
Point Sparring

Cost 2/16 - 3/15 *Goes up \$5 each month*

1st Event: \$84

Additional Events: \$49

Coaches Fee: \$35

Spectator Fee: \$20 - 55 (depending on # of days)

SAVE THE DATE FOR THESE EVENTS!

Forge Championships **ProMac**
July 25
Birmingham, AL

South Atlanta Open **ProMac**
August 15
Covington, GA

FALL

Destin Open **ProMac**
November 13 - 14
Fort Walton Beach, FL