



# U.S. Tae Kwon Do Class Schedule



Effective: January 2016

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 – 11 AM	Private class Parents class					
3:50 - 4:40 PM	TKD All Belt	TKD All Belt	TKD All Belt	TKD All Belt	TKD All Belt	10:20 – 11:10 AM All Belt
4:45 - 5:35 PM	TKD All Belt	TKD All Belt	TKD All Belt	TKD All Belt Red ~ Black	TKD All Belt	11:20 – 12:10 PM Red ~ Black
5:40 - 6:30 PM	TKD All Belt	TKD All Belt	TKD Diet kick	TKD All Belt	TKD All Belt	
6:35 - 7:25 PM	All Belt Teen ~ Adult	TKD Red ~ Black	All Belt Teen ~ Adult	TKD Red ~ Black	TKD Diet kick	
7:40 - 8:30 PM	Adults Healthy training	TKD Diet kick	Adults Healthy training	TKD Diet kick	Adults Healthy training	
8:30 - 9:00 PM						
<b>Instruction</b>	Kicking, hand, strength, balance and speed techniques. all poomse, self-defense combination techniques.	Kicking, hand, strength, balance and speed techniques. Review all poomse, self-defense	Kicking, hand, strength, balance and speed techniques. Review all poomse, self-defense Basic and review.	Kicking, hand, strength, balance and speed techniques. Review all poomse. combination techniques.	Kicking, hand, strength, balance and speed techniques. Review all poomse, self-defense	Students are expected to attend classes at only <b>Two &amp; three times per week.</b>

**Note: The U.S Taekwondo School will be closed on all major holidays and tournament days;**  
Master Kim will notify all students if school will be closed. If Master Kim is not present then the highest ranking belt is in charge.

Reap benefits in many ways, such as: • Discipline • Humility • Confidence • Physical Fitness • Respect • Self-defense

You are responsible for bringing your own safety equipment to class.

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