



# KIM'S TAEKWONDO

**Date Effective:** 10/1/2023

**Ninjas:** 6 & under / **Tigers:** 7~11 y.o

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Before School Drop Off: 7:00 - 9:00 AM / After School Pick Up: 2:00 - 3:30 PM</i>						<b>Belt Test</b>  1 <sup>ST</sup> wk: <b>NINJAS/TIGERS</b>  3 <sup>RD</sup> wk: <b>TEEN/ADULT</b>  9:00 - 10:00 AM
3:50 ~ 4:20 PM	<b>Little Ninjas</b> [ All Belt ]	<b>Little Ninjas</b> [ All Belt ]	<b>Little Ninjas</b> [ All Belt ]	<b>Little Ninjas</b> [ All Belt ]	<b>Little Ninjas</b> [ All Belt ]	
4:30 ~ 5:10 PM	<b>TIGERS</b> [ All Belt ]	<b>TIGERS</b> [ No Belt - Green St. ]	<b>TIGERS</b> [ No Belt - Green St. ]	<b>TIGERS</b> [ Blue - Red ]	<b>TIGERS</b> [ All Belt ]	10:10 - 10:55 AM  <b>Teen / Adult</b>  <b>Little Ninjas</b> [ All Belt ] 11:00 - 11:30 AM  <b>TIGERS</b> [ All Belt ] 11:40 am - 12:20 pm
5:20~ 6:00 PM	<b>BLACK &amp; Jr.Black BELT</b>	<b>TIGERS</b> [ Blue - Red ]	1 <sup>ST</sup> /3 <sup>RD</sup> wk: <b>TIGER SPARRING</b> 2 <sup>ND</sup> /4 <sup>TH</sup> wk: <b>TIGERS</b> [ Blue - Red ]	<b>TIGERS</b> [ No Belt - Green St. ]	<b>BLACK &amp; Jr.Black BELT</b>	
6:10 ~ 6:50 PM	<b>TEEN / ADULT</b>	<b>TEEN / ADULT</b>	1 <sup>ST</sup> /3 <sup>RD</sup> wk: <b>TEEN / ADULT</b> 2 <sup>ND</sup> /4 <sup>TH</sup> wk: <b>TEEN/ADULT SPARRING</b>	<b>TEEN / ADULT</b>	<b>S.W.A.T Team</b>	
7:00 ~ 7:50 PM		<b>CARDIO</b> for Adults	Tournament Training <i>*Payment per class</i>	<b>CARDIO</b> for Adults	(Extra SWAT) <i>*Demo Preparation</i>	12:30 - 1:30 PM  <i>*Payment per class</i> <i>*Team Form Training</i>

> The 1<sup>ST</sup>/3<sup>RD</sup> weeks of every month will be Sparring for Tigers. The 2<sup>ND</sup>/4<sup>TH</sup> weeks will be Sparring for Teen/Adults.

> All other weeks will be Regular Class (*Tigers Blue & Up, Teen/Adult*)

\* **SPARRING:** All students are required to bring their sparring bags prior to class. Sparring Gear must be cleaned afterwards.

\* **TKD:** Uniforms are required for class (*TKD T-shirts are allowed*). Please bring your own water.

\* **TESTING:** Full uniforms and testing papers are required for Belt Promotion Tests. *Cash/Check/Venmo Only*.

\* **CARDIO:** \$150/mo. Uniform is not required. Parents with 2 or more students enrolled in Kim's TKD may join these classes for free.