

GRAND MASTER HONG'S WORLD CLASS TAEKWONDO CENTER

5955 Post Road, North Kingstown RI 02852 (401) 885-4900

www.ritkd.com

	BELT LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHILDREN' CLASSES	White Belt	4:00-4:45	5:00-5:45	5:00-5:45	6:00-6:45		9:50-10:35
	Yellow & Green Belts	4:45-5:30	5:45-6:30		4:00-4:45	4:45-5:30	10:30-11:20 Yellow to Black
	Blue to Black Belts	6:00-6:45	4:15-5:00		4:45-5:30	4:00-4:45	
	Children's Sparring			4:15-5:00 (No white belts)			
ADULT CLASSES	Adult All Belts (Morning)	12:00-12:50		12:00-12:50		12:00-12:50	
	Adult All Belts (Evening)	7:35-8:25		6:10-7:00			
	Adult Sparring (Full gear required)		7:20-8:10 (No white belts)				
	Black Belts (All ages)			7:00-7:50			
	Family Class	6:45-7:35	6:30-7:20		6:45-7:35		11:50-12:40
	Poomse/ Breaking					6:00-6:50	
	Little Tigers		3:45-4:15		5:30-6:00		11:20-11:50
	Intro Classes	5:35-5:55		5:50-6:10		5:35-5:55	

SPARRING CLASS INFORMATION:

These classes are not for white belts. You must bring your own sparring gear. If gear is needed, please speak to one of the instructors to order yours today.

Birthday Parties

Where better to celebrate your child's birthday than with the fun and enthusiastic instructors? The one-hour and a half party includes a high energy class and games. Make your reservations early!

Introductory	Lesson	Schedule
Date	Time	Initialed By
1		
2		
3		

Guest Passes

Our VIP Program makes it easy to encourage your friends, family, or co-workers to start training in Taekwondo. Pick up a guest pass today from an instructor and you will receive one premium uniform

Special Events

We also offer a full calendar of dynamic events designed to improve your martial arts experience and foster friendships among students. Demonstrations and group trial lessons are also available.

Bring a Friend Days

Help someone you care about gain the benefits of fitness, focus, self-confidence and self-defense. (Adults and children)

Private Lessons Available

Please speak to one of the staff for details