

TAE KWON DO

BEGINNER CLASS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LITTLE DRAGONS (4 - 5 YRS)	4:30	4:30	4:30	4:30	4:00	9:00 AM
WHITE (6 - 12 YRS)	3:00 3:45 5:15 6:45	3:00 4:30 6:00	3:00 3:45 5:15 6:45	3:00 4:30 6:00	3:45	9:00 AM
MIXED TEENS (13 - 18 YRS)	6:00	6:00	6:00	6:00	6:00	12:00
ADULTS (18 + YRS)	12:00 6:00	12:00 6:00	6:00	12:00 6:00	6:00	12:00

NOTE: Schedule times subject to change without notice

Nov 2024

DESCRIPTION

Tae Kwon Do is a Korean martial art known for dynamic kicks, punches, and blocks. It emphasizes agility, flexibility, and discipline, promoting values like respect and perseverance.

TRIAL INTRODUCTORY SPECIAL (\$40)

1 introductory lesson, 1 group class & full uniform

[Click Here to book introductory class](#)

HYGIENE ETIQUETTE

Wash your uniform & gear
Remove Jewelry
Trim finger and toe nails
Practice good hygiene
Tie your hair back

Cover all cuts
Don't train when sick
Make sure your feet are clean
Shoes to be worn on all surface
EXCEPT the mat. No shoes on the mat.