



LEAD BY EXAMPLE TAE KWON DO SOUTH RUN

7515 Huntsman Boulevard, Springfield, VA 22153
(Huntsman Square/Indoors across from Giant)



703-440-1100 www.LeadByExampleTaeKwonDo.com Effective: 1/1/2026

BELT RANK	MON	TUE	WED	THU	FRI	SAT
LIL DRAGONS 3 year olds (~ 30 minutes)						
All Ranks	—	—	—	—	5:15pm	1:30pm
NINJAS Ages 4-6 Years (~ 30-45 minutes)						
WHITE	—	6:00pm	5:15pm	6:00pm	5:15pm	2:15pm
GOLD - ADV ORG	—	6:00pm	5:15pm	6:00pm	5:15pm	2:15pm
WARRIORS Ages 7-12 Years (~ 45-60 minutes)						
WHITE - GREEN	—	6:45pm	5:45pm	6:45pm	5:45pm	3:00pm
PURPLE - BLUE	—	5:15pm	6:30pm	5:15pm	6:30pm	3:45pm
RED - BROWN	—	5:15pm	6:30pm	5:15pm	6:30pm	3:45pm
NOVICE BLACK	—	5:15pm	6:30pm	5:15pm	6:30pm	1:00pm@FO BB Prep Class
BLACK BELTS	—	7:30pm	6:30pm	7:30pm	-----	1:45pm@FO
TEENS & ADULTS Ages 13+ Years (~ 45-60 minutes)						
WHT - NVC BLK	—	8:30pm	7:15pm	-----	7:15pm	See above
BLACK BELTS	—	7:30pm	7:15pm	7:30pm	—	3:45pm
AFTER SCHOOL PROGRAM (~ 30-40 minutes)						
WHITE - GREEN	Monday	3:45pm	3:45pm	3:45pm	3:45pm	-----
WHITE - BLUE	Fun Day	4:30pm	4:30pm	4:30pm	4:30pm	-----
RED - BLACK	Games	May also attend WARRIOR (Ages 7-12) See Above				-----

FREE 1 Week Trial!

Maximum of 2 Classes per week, Dress Comfortably and Bring A Water Bottle. Only one trial per person

YOUR LEAD BY EXAMPLE TAE KWON DO STAFF

Master Tommy Lightfoot Master Janet Nguyen Lightfoot Mr. Mike Lerch
Master Cassandra Lightfoot Mr. Christian Murillo Ms. Catie Wilkinson Mrs. Melanie Lerch
Mr. Bryce Mr. Matthew Ms. Abbey Mr. Xavier Mr. Shariq Ms. Alaura Ms. Rayna Mr. John

REQUIRED SAFETY EQUIPMENT must be worn for all SPARRING classes and UNIFORM TOPS worn during all FORMS classes.

CLASS CREDIT will only be give to those students who arrive to class on time! Please arrive at least 10 minutes before the listed class time.

Beginners may attend class 1-2x/wk and Black Belt and Black Belt Club and higher may attend unlimited classes per week.

15 MINUTE PRIVATE LESSONS are available for students who would like individual help with their curriculum. Lessons are available with a Teen Asst. Instructor \$5, Adult Assistant Instructor \$10, Black Belt Instructor \$15, or Master Instructor \$25 and must be scheduled at least one day in advance.

Follow our social media on Twitter, Instagram and 3 Facebook Pages (TKD. CAMPS. B4& AFTERSCHOOL)

EMAIL: LBETKDSR@yahoo.com