



LEAD BY EXAMPLE TAE KWON DO FAIR OAKS



www.LeadByExampleTaeKwonDo.com

703-273-1100

Email: LBETKD@yahoo.com

Effective: 1/9/2024

BELT RANK	MON	TUE	WED	THU	FRI	SAT
ADAPTED TKD 40 - 45 minutes	-----	-----	7:45pm Ages 15+	-----	-----	3:30pm Ages 5-9
			4:15pm Ages 10-14			
DRAGONS 3yrs ~ 30min	-----	-----	-----	-----	4:30pm	11:00am
NINJAS (Ages 4-6 years ~ 40 minutes)						
WHITE - ADV WHT	-----	6:00pm	4:30pm	6:00pm	4:30pm	11:30am
GOLD - ADV GOLD	-----	6:00pm	4:30pm	6:00pm	-----	11:30am
ORG - ADV ORG	-----	4:30pm	-----	4:30pm	5:15pm	11:30am
WARRIORS (Ages 7-12 years ~ 40 - 45 minutes)						
WHITE - ORANGE	-----	4:30pm	6:00pm	4:30pm	5:15pm	12:15pm White-Gold
GREEN	-----	5:15pm	-----	5:15pm	6:00pm	2:30pm BBC SPARRING Orange - Black Bring Equipment
PURPLE - BLUE	-----	5:15pm	-----	5:15pm	6:00pm	3:00pm Orange to Novice Black Belts FORMS ONLY
RED - BROWN	-----	6:45pm	5:15pm	6:45pm	-----	
NOVICE BLACK	-----	6:45pm	5:15pm	6:45pm	-----	1:00pm BB Prep
1st DAN BLACK	-----	7:30pm	5:15pm	7:30pm	-----	1:45pm
2nd DAN+ BLACK	-----	7:30pm	5:15pm	7:30pm	-----	1:45pm
TEENS & ADULTS (Ages 13+ years ~ 40 -60 minutes)						
WHITE - NOV BLK	-----	-----	6:45pm	-----	6:45pm	See Above For Class Times By Belt Rank
BLACK BELTS	-----	7:30pm	6:45pm	7:30pm	-----	1:45pm
GRAPPLING	-----	-----	-----	-----	-----	9:45am

1 WEEK FREE TRIAL (max of 2 lessons)

Wear comfortable clothes and bring a Water Bottle. Please arrive 10 min early to be checked into class.

YOUR LEAD BY EXAMPLE TAE KWON DO STAFF

Master Tommy Lightfoot

Master Cassandra Lightfoot

Mr. Christian Murillo

Mr. Ronald Randolph

Mr. John Mai

Ms. Kimi Lin

Ms. Kaitlyn McDaniel

Mr. Charlie Somech

Master Janet Nguyen Lightfoot

Master Evan Bowden

Mr. Radford Piver

Mr. Jamie Somech

Mr. Sam Smelik

Mr. Jack Stawasz

Ms. Cecilia Law

Mr. Tue Nguyen