



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, a mask, and bring a Water Bottle. Please arrive 10 min early to be checked into class.
Face shields/coverings are REQUIRED for everyone entering the studio.

YOUR LEAD BY EXAMPLE TAE KWON DO STAFF

Master Tommy Lightfoot

Mr. Christian Murillo
Mr. Ronald Randolph
Mr. John Mai

Master Janet Nguyen Lightfoot

Ms. Kimi Lin
Ms. Kaitlyn McDaniel
Mr. Charlie Somech

Master Cassandra Lightfoot

Mr. Jack Stawasz
Ms. Cecilia Law
Mr. Tue Nguyen