



LEAD BY EXAMPLE TAE KWON DO WESTFIELDS

5083 Westfields Blvd, Centreville, VA 20120
(Sully Station Shopping Center)



703-378-1100 www.LeadByExampleTaeKwonDo.com Effective: April 2026

BELT RANK	MON	TUE	WED	THU	FRI	SAT
LIL DRAGONS <i>3 year olds (~ 30 minutes)</i>						
All Ranks	—	—	—	—	6:00pm	—
NINJAS <i>Ages 4-6 Years (~ 30-45 minutes)</i>						
WHITE	—	6:00pm	—	6:00pm	—	—
GOLD - ADV ORG						
WARRIORS <i>Ages 7-12 Years (~ 45-60 minutes)</i>						
WHITE - GREEN	6:00pm	—	6:00pm	—	—	—
PURPLE - BLUE						
RED - BROWN						
NOVICE BLACK						
BLACK BELTS						
TEENS & ADULTS <i>Ages 13+ Years (~ 45-60 minutes)</i>						
WHT - NVC BLK	6:45pm	—	—	—	6:45pm	—
BLACK BELTS						
AFTER SCHOOL PROGRAM <i>(~ 30-40 minutes)</i>						
WHITE - GREEN	5:00pm	5:00pm	5:00pm	5:00pm	5:00pm	—
PURPLE - BLUE						

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

Ms. Shireen Hamdan

Ms. Kaitlyn McDaniel

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, AFTERSCHOOL)

EMAIL: LBETKDFW@gmail.com

MORE CLASSES WILL BE ADDED AS WE GROW THE SCHOOL!