



LEAD BY EXAMPLE TAE KWON DO FAIR OAKS

www.LeadByExampleTaeKwonDo.com

703-273-1100

Email: LBETKD@yahoo.com

Effective: 8/1/2026



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	6:00pm	4:30pm	5:15pm	2pm BBC SPAR 2:45pm FORMS
WARRIORS (Ages 7-12 years ~ 40 - 45 minutes)						
WHITE - GOLD	-----	4:30pm	6:00pm	4:30pm	5:15pm	11:30am
ORANGE	-----	4:30pm	6:00pm	4:30pm	5:15pm	2:00pm ORG - BLACK BBC SPARRING Bring Equipment
GREEN - BLUE	-----	5:15pm	-----	5:15pm	6:00pm	
RED - BROWN	-----	6:45pm	5:15pm	6:45pm	-----	2:45pm ORG - NVC BLK Forms Only
NOVICE BLACK	-----	6:45pm	5:15pm	6:45pm	-----	1:00pm BB Prep
BLACK BELT	-----	7:30pm	5:15pm	7:30pm	-----	12:15pm
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	-----	12:15pm
GRAPPLING	-----	-----	-----	-----	-----	9:45am
AFTER SCHOOL PROGRAM						
WHITE	FUN	4:30pm	4:30pm	4:30pm	4:30pm Ages 4-6 5:15pm Ages 7+	-----
GOLD	DAY	4:30pm	4:30pm	4:30pm	5:15pm	-----
ORANGE	NO	4:30pm	4:30 ASP ROOM	4:30pm	5:15pm	-----
GREEN +	TKD Class	5:15pm	4:30 ASP ROOM	5:15pm	6:00pm	-----

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. Tue Nguyen

Ms. Kimi Lin

Ms. Kaitlyn McDaniel

Mr. Nicholas Tran

Master Janet Nguyen Lightfoot

Master Evan Bowden

Mr. Radford Piver

Mr. John Mai

Mrs. Sonya Bancroft

Mr. Jack Stawasz

Mr. Liam Tubilla