



# 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: 9/1/2024

BELT RANK	MON	TUE	WED	THU	FRI	SAT
<b>LIL DRAGONS</b> 3 year olds (~ 30 minutes)						
All Ranks	—	—	—	—	5:15pm	1:30pm
<b>NINJAS</b> Ages 4-6 Years (~ 30-45 minutes)						
WHITE	—	6:00pm	5:15pm	6:45pm	5:15pm	2:15pm
GOLD - ADV ORG	—	6:00pm	5:15pm	6:45pm	5:15pm	2:15pm
<b>WARRIORS</b> Ages 7-12 Years (~ 45-60 minutes)						
WHITE - ORANGE	—	-----	6:30pm	5:15pm White - Green	6:30pm	3:00pm White, Gold Orange & Green
GREEN - BLUE	—	5:15pm	-----	6:00pm Purple Blue Red Novice Black	5:45pm	3:45pm Purple, Blue, Red, Brown & Black Belts
RED - BROWN	—	6:45pm	5:45pm		-----	
NOVICE BLACK	—	6:45pm	5:45pm	6:00pm	-----	1:00pm@FO BB Prep Class
BLACK BELTS	—	7:30pm	5:45pm	7:30pm	-----	1:45pm@FO
<b>TEENS &amp; ADULTS</b> 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
<b>AFTER SCHOOL PROGRAM</b> (~ 30-40 minutes)						
WHITE - GREEN	Monday	3:45pm	3:45pm	3:45pm	3:45pm	-----
WHITE - BROWN	Fun Day	4:30pm	4:30pm	4:30pm	4:30pm	-----
GREEN - 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	Ms. Catie Wilkinson	Mrs. Melanie Lerch
Mr. Christian Murillo	Mr. Tan Nguyen	Ms. Floria Callwood
Ms. Serafina Latiolais	Mr. Matthew Adams	Mr. Xavier Chmielewski
		Mr. Shariq Zada
		Mr. JJ Smith

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 inadvance.

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