



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: 9/6/2022

BELT RANK	MON	TUE	WED	THU	FRI	SAT
LIL DRAGONS 3 year olds (~ 30 minutes)						
All Ranks	—	—	—	—	5:15pm	1:30pm
NINJAS Ages 4-6 Years (~ 30-45 minutes)						
WHITE	—	6:00pm	5:15pm	6:45pm	5:15pm	2:00pm
GOLD - ADV ORG	—	6:00pm	5:15pm	6:45pm	5:15pm	2:00pm
WARRIORS Ages 7-12 Years (~ 45-60 minutes)						
WHITE - ORANGE	—	-----	6:30pm	5:15pm White - Green	6:30pm	2:45pm White & Gold
GREEN - BLUE	—	5:15pm	-----	6:00pm Purple Blue Red Novice Black	5:45pm	3:30pm Orange, Green, Purple FORMS
RED - BROWN	—	6:45pm	5:45pm		-----	4:00pm Blue, Red, Brown FORMS
NOVICE BLACK	—	6:45pm	5:45pm		6:00pm	1:00pm@FO BB Prep Class
BLACK BELTS	—	7:30pm	5:45pm	7:30pm	-----	4:30pm
TEENS & ADULTS 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	—	4:30pm
AFTER SCHOOL PROGRAM (~ 30-40 minutes)						
WHITE - ORG #1	Monday	3:45pm	3:45pm	3:45pm	3:45pm	-----
WHITE - ORG #2	Fun Day	4:30pm	4:30pm	4:30pm	4:30pm	-----
GREEN - BLACK	Games	See WARRIOR (Ages 7-12) Schedule 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
Mrs. Melanie Lerch	Mr. Evan Bowden	Mr. Rodolfo Faccini
Mr. Christian Murillo	Mr. Tan Nguyen	Mr. Ethan Soriano
Mr. Ryan Walther	Ms. Floria Callwood	Mr. Michael Payne
Mr. Aykut Dag	Ms. Catie Wilkinson	
	Ms. Lindsay Dervin	

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.

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