



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: 8/23/2021

BELT RANK	MON	TUE	WED	THU	FRI	SAT
LIL DRAGONS 3 year olds (~ 30 minutes)						
All Ranks	—	—	—	—	5:00pm	10:00am
NINJAS Ages 4-6 Years (~ 30-45 minutes)						
WHITE	—	6:00pm	-----	6:00pm	5:00pm	11:30am
GOLD - ADV ORG	—	6:00pm	5:00pm	6:00pm	-----	10:45am
WARRIORS Ages 7-12 Years (~ 45-60 minutes)						
WHITE - ORANGE	—	-----	6:15pm	4:30pm	6:15pm	12:15pm
GREEN - BLUE	—	5:15pm	—	5:15pm	5:30pm	2:45pm
RED - NOV BLK	—	6:45pm	5:30pm	6:45pm	-----	1:00pm
BLACK BELTS	—	7:30pm	5:30pm	7:30pm	-----	1:45pm
TEENS & ADULTS Ages 13+ Years (~ 45-60 minutes)						
WHT - NVC BLK	—	-----	7:00pm	8:30pm	7:00pm	See above
BLACK BELTS	—	7:30pm	7:00pm	7:30pm	—	1:45pm
AFTER SCHOOL PROGRAM (~ 30-40 minutes)						
WHITE - ORG #1	-----	3:45pm	4:00pm	3:45pm	4:00pm	-----
WHITE - ORG #2	-----	4:30pm	4:30pm	4:30pm	4:30pm	-----
GREEN - BLACK	-----	See WARRIOR (Ages 7-12) Schedule Above				-----

FREE 1 Week Trial!

Maximum of 2 Classes per week, Dress Comfortably, Only one trial per person

YOUR LEAD BY EXAMPLE TAE KWON DO STAFF

Master Tommy Lightfoot Master Janet Nguyen Lightfoot
 Mr. Mike Lerch Mr. Evan Bowden Mr. Aykut Dag
 Mrs. Melanie Lerch Ms. Floria Callwood Ms. Catie Wilkinson

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 Masters Club 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.
 PLEASE SIGN-UP FOR OUR WEEKLY E-MAIL NEWSLETTER by emailing us @LBETKDSR@yahoo.com
 Follow our social media on Twitter, Instagram and 3 Facebook Pages (TKD. CAMPS. B4& AFTERSCHOOL)