



# 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](http://www.LeadByExampleTaeKwonDo.com) Effective: 8/27/2019

BELT RANK	MON	TUE	WED	THU	FRI	SAT
<b>LIL DRAGONS</b> 3 year olds (~ 30 minutes)						
All Ranks	—	—	3:45pm	—	—	12:00pm
<b>NINJAS</b> Ages 4-6 Years (~ 30-45 minutes)						
WHITE	—	6:30pm	5:45pm	6:30pm	-----	11:15am
GOLD - ADV ORG	—	6:30pm	5:45pm	6:30pm	-----	12:45am
<b>WARRIORS</b> Ages 7-12 Years (~ 45-60 minutes)						
WHITE - GREEN	—	6:30pm		5:45pm	6:30pm	1:30pm Family Class
PURPLE - NOV BLK	—	5:45pm	6:30pm	—	5:45pm	2:15pm Family Class
BLACK BELTS	—	7:15pm	-----	7:15pm	5:45pm	3:00pm
<b>TEENS &amp; ADULTS</b> Ages 13+ Years (~ 45-60 minutes)						
WHITE - GREEN	—	8:15pm	7:15pm	8:15pm	7:15pm	1:30pm Family Class
PURPLE - NOV BLK	—	8:15pm	7:15pm	8:15pm	7:15pm	2:15pm Family Class
BLACK BELTS	—	7:15pm	8:00pm	7:15pm	—	3:00pm
<b>AFTER SCHOOL PROGRAM</b> (~30 minutes)						
WHITE - GOLD #1	-----	4:15pm	4:15pm	4:15pm	4:15pm	-----
WHITE - GOLD #2	-----	4:45pm	4:45pm	4:45pm	4:45pm	-----
ORG - NOV BLK	-----	5:15pm	5:15pm	5:15pm	5:15pm	-----

## 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    Master Jose Romero  
 Mr. Mike Lerch    Mr. Aykut Dag    Mr. Evan Bowden    Mrs. Melanie Lerch  
 Ms. Jennifer Ochs    Mr. Kosal Touch    Mr. Robert Childs    Ms. Stefanie Takenaka    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 at: [LBETKDSR@yahoo.com](mailto:LBETKDSR@yahoo.com); 3 Facebook Pages (TKD. CAMPS. B4& AFTERSCHOOL)