



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: 9/24/2018

BELT RANK	MON	TUE	WED	THU	FRI	SAT
LIL DRAGONS 3 year olds (~ 30 minutes)						
All Ranks	—	—	4:15pm	—	—	10:00am
NINJAS Ages 4-6 Years (~ 30-45 minutes)						
WHITE	—	6:45pm	5:45pm	6:30pm	-----	11:15am
GOLD - ADV ORG	—	6:45pm	5:45pm	6:30pm	-----	10:30am
WARRIORS Ages 7-12 Years (~ 45-60 minutes)						
WHITE - GREEN	—	6:00pm		5:45pm	6:30pm	12:00pm Family Class
PURPLE - NOV BLK	—	5:15pm	6:15pm	—	5:45pm	1:15pm Family Class
BLACK BELTS	—	7:15pm	-----	7:15pm	5:45pm	12:45pm
TEENS & ADULTS Ages 13+ Years (~ 45-60 minutes)						
WHITE - GREEN	—	8:15pm	7:00pm	8:15pm	7:15pm	12:00pm Family Class
PURPLE - NOV BLK	—	8:15pm	7:00pm	8:15pm	7:15pm	1:15pm Family Class
BLACK BELTS	—	7:15pm	7:45pm	7:15pm	—	12:45pm
AFTER SCHOOL PROGRAM (~30 minutes)						
WHITE - GOLD	-----	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
 Mr. Mike Lerch
 Mr. Evan Bowden

Master Janet Nguyen Lightfoot
 Mr. Aykut Dag
 Ms. Jennifer Ochs

Master Jose Romero
 Mrs. Melanie Lerch
 Mr. Robert Childs

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 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