



TIGER K TAEKWONDO SCHEDULE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Little Tigers	5:10 PM 30 min	—	5:10 PM 30 min	—	4:30 PM 30 min
Basic	4:30 PM	5:40 PM	4:30 PM	5:40 PM	5:10 PM All Belt Class
Advanced	5:40 PM	4:30 PM	5:40 PM	4:30 PM	5:10 PM All Belt Class
Black Belt Club	—	5:10 PM Special Training 30 min	6:20 PM Sparring Class	5:10 PM Ninja Class 30 min	—
Master Club	6:20 PM MC Form	6:20 PM	6:20 PM Sparring Class	6:20 PM	5:10 PM All Belt Class Demo 6:00 PM
Family Class	7:10 PM Adult Only	7:10 PM	7:10 PM Black Belt Prep	7:10 PM	—

BLACK BELT CLUB / MASTER CLUB INFORMATION

SPECIAL TRAINING: Training will vary based on students' needs and may include forms, jump rope, kicking skills, agility, fitness, and testing preparation.

SPARRING CLASS: Students must bring their complete sparring gear to every class.

NINJA CLASS: Students must bring their nunchucks to every class.

BLACK BELT CLUB CLASSES: Special Training, Ninja Class, Forms, Sparring, and Demo are for Black Belt Club members only.

TIGER K TAEKWONDO RULES & ETIQUETTE

- Arrive 5–10 minutes early and be ready for class
- Wear proper uniform (dobok or Tiger K shirt with belt)
- No food, gum, or drinks on the mat (water only if needed)
- Remove jewelry before class
- Show respect at all times (bow when entering/leaving the mat)
- Address instructors with “Sir” or “Ma’am”
- Listen carefully and follow instructions
- Raise your hand if you need help or have a question
- If late, wait at the mat entrance until invited in
- Parents, please keep noise to a minimum during class