

TIGER K TAEKWONDO CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
Little Tiger	5:10		5:10		4:30
Basic Club	4:30	5:40	4:30	5:40	
Advanced & Black Belt	5:40	4:30	5:40	4:30	
Monday & Tuesday: Focus on Forms and Kicking Practice Wednesday & Thursday: Focus on Kicking Target and Physical Training					
Black Belt Club		5:10 Forms Class (30min)	6:20 Sparring Class Black Belt/Adult Only	5:10 Ninja Class	5:10 Sparring Class Age 5-11
Master Club	6:20 Form & Leadership	6:20 Curriculum	6:20 Sparring Class Black Belt/Adult Only	6:20 Curriculum	6:00 Demo Team (Invitation Only)
Family Class	7:10 Adult Only	7:10 All Belt	7:10 Black Belt Prep	7:10 All Belt	

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

2683 Sycamore Rd. Dekalb, IL 60115. (815)895-2008. tigerktkd@gmail.com