



ATC WEEKLY SCHEDULE

Call or Text (951) 520-0200
ATCCORONA.COM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Curious Cubs 3:30 - 4:00 pm	Zoom ID: 810-7709-6632 3:30 - 4:00 pm	Self Confidence - Grades 6-12 12:15 - 1:10 pm	Smaller Scholars 9:00 am - 11:55 pm	Cubs and Lions 9:00 - 9:30 am
Little Lions 4:00 - 4:30 pm	Cubs and Lions* 5:00 - 5:30 pm	Self Confidence - Grades K-5 1:15 - 2:10 pm	Movement & Motion 12:15- 1:10 pm	All Belts Jrs TKD 9:30 - 10:15 am
Jrs TKD / Gumdo Combo 4:30 - 5:30 pm	Rising Lions & Jrs TKD 5:30 - 6:15 pm	Curious Cubs 3:30 - 4:00 pm	Self Confidence & Martial Arts 12:15 - 1:10 pm	Gumdo 10:15 - 11:00 am
High Belts - Jrs 5:30 - 6:15 pm	Poomsae Practice - All styles 6:15 - 7:00 pm	Little Lions 4:00 - 4:30 pm	The Way of the Sword 1:15 - 2:10 pm	
Gumdo 6:15 - 7:00 pm		Gumdo All - Open to Littles/Jrs 4:30 - 5:00 pm	Curious Cubs 3:30 - 4:00 pm	
Hapkido 7:15 - 8:15 pm		All Belts Jrs TKD 5:00 - 5:45 pm	Little Lions 4:00 - 4:30 pm	
		Adult & Teen Class - All Styles 5:45 - 6:15 pm	Weapons - Open to Littles/Jrs 4:30 - 5:15 pm	
		Curious Cubs 3:30 - 4:00 pm	All Belts Jrs TKD 5:15 - 6:00 pm	
			Gumdo 6:00 - 6:45 pm	
			Instructor Training 6:45 - 7:15 pm	
			Hapkido 7:15 - 8:15 pm	

LOCATION LEGEND

ATC Corona
205 E. 5th Street, Corona

Zoom
ID: 810-7709-6632

Homeschool Campus
8223 California Ave, Riverside

Homeschool Campus
10350 Ellis Ave, Fountain Valley

JOIN REMIND FOR UPDATES: TEXT @ATCCORONA TO 81010



ATC MARTIAL ARTS CLASS DESCRIPTIONS

Curious Cubs – Ages 2 to 4

Curious Cubs is designed for our littlest students who are full of curiosity and energy. This class introduces the basics of our Little Lions program while incorporating more tumbling, exploring, and positively channeling curiosity. The program emphasizes age-appropriate self-defense and stranger danger training, focusing on communication, child safety skills, and conflict avoidance. Through plenty of positive encouragement, students develop self-discipline, concentration, and respect.

Little Lions – Ages 4 to 7

Our Little Lions program fosters self-control, self-defense, manners, and goal-setting in young children. Under the guidance of Academy Masters and Instructors, children learn balance, coordination, and focus through fun and engaging drills. The program combines proper Taekwondo techniques with basic tumbling, all while keeping the atmosphere fun and educational. Our Little Lions program is designed to instill a positive attitude and a love for martial arts in each child.

Cubs & Lions Combo Class* – Ages 2½ to 7

Our Cubs & Lions Combo Class brings together younger and slightly older students, providing an opportunity for children to learn and grow together. This class focuses on basic martial arts skills, coordination, listening, and following directions in a structured environment. Please note, this is not a daycare setting. Students must be able to participate safely and respectfully without causing ongoing disruptions. If a child is unable to meet these expectations, they may be asked to pause their attendance until they are ready to fully engage and benefit from the class experience. Our goal is to ensure a positive and productive environment for every student.

Rising Lions – Ages 6+

Rising Lions is designed for young students who have outgrown our Little Lions class and are ready to take the next step toward our Juniors program. In this transitional class, students continue to build on the foundational martial arts skills they've gained, while introducing more complex techniques, increased focus drills, and enhanced fitness elements. Our instructors guide each child through the exciting journey of progressing from a beginner level to the challenges of junior training, all within a supportive, confidence-building environment. The Rising Lions class helps students develop the discipline, strength, and self-assurance they need to successfully "rise" into our Juniors program.

Low Belt Taekwondo – Ages 7+

The Low Belt Taekwondo class is designed for beginners and students who are early in their martial arts journey. This class introduces fundamental Taekwondo techniques, forms, and the principles of self-discipline and respect. It's the perfect place to start building a strong foundation in martial arts.

High Belt Taekwondo – Ages 7+

The High Belt Taekwondo class is for students who have advanced through the ranks and are ready to refine their skills. This class emphasizes advanced techniques, forms, and sparring, preparing students for higher-level belts and competitions. Focused on discipline, precision, and mastery, this class challenges students to reach their full potential.

Kids Hapkido – Must Meet Requirements

Our Kids Hapkido program offers specialized self-defense training for young students. This class focuses on using one's body to create maximum power with minimum effort. Students learn to understand both their own strengths and weaknesses as well as those of their opponents. The program emphasizes the importance of walking away from dangerous situations safely.



ATC MARTIAL ARTS CLASS DESCRIPTIONS

Gumdo – Ages 8+

Gumdo, or Koryo Gumdo, is a traditional Korean sword martial art that combines both offensive and defensive movements. This class teaches students the skill and concentration needed to master the sword, blending traditional techniques with modern applications. Under the guidance of Grandmaster Lind, students will explore the ancient art of the Hwarang warrior, developing pride and skill in wielding the sword.

Hapkido – Ages 13+

Our Hapkido program is designed for serious martial artists looking to master real-world self-defense. Students learn to maximize their power and effectiveness by understanding their own strengths and weaknesses, as well as those of their opponents. The class focuses on safely navigating and walking away from dangerous situations, teaching practical techniques and the philosophy of self-defense.

Conditioning and Stretching – Ages 7+

This class focuses on improving physical fitness through a combination of conditioning exercises and stretching routines. Students work on enhancing their flexibility, strength, and endurance, which are essential components of martial arts training. The class is suitable for all levels and helps to prevent injuries while improving overall performance.

Poomsae Practice – Ages 7+

Poomsae, or forms, are an essential aspect of Taekwondo training. In this class, students practice and perfect their Poomsae techniques, focusing on precision, timing, and power. This class is vital for students preparing for belt tests and competitions, as well as for those seeking to deepen their understanding of Taekwondo.

Kicking – Ages 7+

The Kicking class allows students to focus specifically on improving their kicking techniques. From basic kicks to more advanced forms, this class provides the repetition and instruction needed to perfect each movement. It's ideal for students looking to enhance their speed, accuracy, and power in their kicks.

Weapons – Ages 7+

In the Weapons class, students learn to safely and skillfully handle martial arts weapons such as nunchucks, swords, staffs, dan bong, and escrima sticks. This class teaches the history, techniques, and forms associated with each weapon, providing a comprehensive understanding of their use in martial arts.

Sparring – Ages 7+

The Sparring class offers students the opportunity to apply their Taekwondo techniques in a controlled, competitive environment. Sparring helps students develop timing, strategy, and agility, as well as build confidence in their abilities. Safety is a top priority, with protective gear and close supervision provided by instructors.

Adult and Teen Class – Ages 13+

Our Adult and Teen Taekwondo class is designed for older students seeking to learn martial arts in a supportive and engaging environment. The class focuses on self-defense, fitness, and personal development through Taekwondo training. Whether you are a beginner or an experienced martial artist, this class offers a comprehensive curriculum that meets your needs.



ATC MARTIAL ARTS CLASS DESCRIPTIONS

HOMESCHOOL CAMPUS CLASSES

Small Scholars – TK / Kinder

Small Scholars combines education and creativity through projects, play, and active learning. This class provides TK/kindergarteners with a fun and safe environment to explore their curiosity while engaging in age-appropriate educational activities.

Movement & Motion – TK through 1st Grade

Movement & Motion is an active learning class that integrates gymnastics, martial arts, and hands-on activities. Designed for young students, this class promotes physical literacy, coordination, and creativity through whole-body movement.

Self Confidence & Martial Arts – 2nd through 12th Grade

This class builds self-confidence in students through self-defense training and martial arts principles. Students learn discipline, respect, and responsibility, along with practical self-defense techniques that help them navigate challenging situations.

The Way of the Sword – 3rd through 12th Grade

The Way of the Sword class teaches students the art of Koryo Gumdo, a traditional Korean sword martial art. Using wooden swords, students learn the techniques, forms, and history of this ancient art, developing discipline, focus, and respect for the craft.