



J TIGER TAEKWONDO CLASS SCHEDULE

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
12:00-12:45	Staff Meeting	Private Lessons		Private Lessons		9:30-	*Belt Test *Special Class *Training Camp *Birthday Party *Movie Nights
4:30-5:15	Level 2 Yellow - Green	Level 3 Blue - Brown	Level 4 Red - Deputy	Level 1 White - H.White	Level 1-4 White - Deputy		
5:20-6:05	Level 4 Red - Deputy	Level 1 White - H.White	Level 2 Yellow - Green	Level 3 Blue - Brown	Black Belt		
6:10-6:40	Tiger Cubs	Tiger Cubs	Tiger Cubs	Tiger Cubs	Weapon Class		
6:45-7:30	Family All Level	Black Belt	Family All Level	Black Belt	Instructor Class B.B. Exam Class		
7:35-8:20	Adult Class	Demo Team (Members Only)	Adult Class	Sparring Team (Members Only)			

Student Commitments

1. I will be loyal to my country
2. I will honor my parents.
3. I will love my family and cooperate with them.
4. I will be faithful to my friends.
5. I will respect my elders and care for my juniors.
6. I will establish positive relationships with my teachers.
7. I will treat all living things with care.
8. I will never seek advantage of those who are weaker.
9. I will only use Taekwondo to benefit myself and others.
10. I will always finish what I start.

Information for Levels

- *Level 1: White, High White
- *Level 2: Yellow, Orange, Green
- *Level 3: Blue, Purple, Brown
- *Level 4: Red, High Red, Deputy
- *Black belt: (1st Dan – Up)

For Best Results

- *Try to attend 2 classes a week
- *Student should arrive 10 minutes before the start of each class
- *Student should come to the correct class level
- *Let the Master know when you will be absent for over a week
- *Repeat practice at home as well
- *Be generous with others and strict with yourself
- *You are competing against yourself not against others
- *Always have a goal, be committed to that goal
- *Be committed to attendance
- *Use your Student Commitments daily

Sparring Week bring Safety Gear

High white - (Shin' in-step & Forearm Gear Mandatory)

Yellow & up – (Full Safety Gear Mandatory)

Weekly Topic

* 1st Week: Sparring & Forms

* 2nd Week: Basic & Forms

* 3rd Week: Self Defense & Forms

* 4th Week: Breaking & Forms