



# J TIGER TAEKWONDO CLASS SCHEDULE



6450 Rogers Rd. Rolesville NC, 27571 (919-453-6446)

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
11:30-12:05	Staff Meeting	Private Lessons				9:30-10:15	Instructor Class
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	10:20-11:05	Family All Level
5:20-6:05	Level 4 Red - Deputy	Level 1 White – H.White	Level 2 Yellow - Green	Level 3 Blue - Brown	Black Belt	11:10-11:55	Poomsae Team Members Only
6:10-6:40	Tiger Cubs	Tiger Cubs	Tiger Cubs	Tiger Cubs	Weapon Class		*Belt Test
6:45-7:30	Family All Level	Black Belt	Family All Level	Black Belt	Black Belt Class Prepare B.B.E.	1:30-9:00	*Birthday Party
7:35-8:20		Demo Team Members Only		Sparring Team Members Only			*Movie Nights

## 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
- **Blackbelt:** (1<sup>st</sup> Dan – Up)

## For Best Results

- ✓ Try to attend 2 classes a week
- ✓ 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

### \*Weekly Topic\*

**1<sup>st</sup> Week:** Sparring & Forms  
**3<sup>rd</sup> Week:** Self Defense & Forms

**2<sup>nd</sup> Week:** Basic & Forms  
**4<sup>th</sup> Week:** Breaking & Forms