



# Taekwon Tigers Schedule

	Mon	Tue	Wed	Thur	Fri	Sat
7:00-11:00am	<b>Mom's Taekwondo class (Back in Shape)</b>					<b>Overall training</b>
11:00am	<b>Private lesson</b> (7 & up)	<b>Private lesson</b> (4-6yrs)	<b>Private lesson</b> (7 & up)	<b>Private lesson</b> (4-6yrs)		8:00-10:00am Tigers Morning Run Date : TBA
	<b>Foundation/Traditional/Poomsae</b>		<b>Sparring /Self-defense / Kicking /One-step sparring</b>		<b>Intensive</b>	10:00-11:00am Level 1 Family
3:15-3:55pm (40mins)	<b>Little Tigers</b> (4-6yrs)	<b>Intro</b> White~White Sr. (30 min)	<b>Little Tigers</b> (4-6yrs)	<b>Intro</b> White~White Sr. (30 min)	<b>Little Tigers</b> (4-6yrs)	11:00-12:00am Level 2 Green~Blue sr.
4:00-4:50pm (50mins)	<b>Level 1</b> Yellow~Green	<b>Level 2</b> Green~Blue sr	<b>Level 1</b> Yellow~Green	<b>Level 2</b> Green~Blue sr	<b>Poomsae</b> (open)	12:00-1:00pm Level 3 & BBC Red~Black Black Belt Club
4:50-5:40pm (50mins)	<b>Level 3</b> Red~Black	<b>Level 1</b> Yellow~Green	<b>Level 3</b> Red~Black	<b>Black Belt</b> BBC	<b>Sparring</b> (open)	2:00-4:00pm Birthday Party / Competition Team Practice
6:00-6:30pm (30mins)	<b>Intro</b> White~White Sr.	<b>Private lesson</b> (One on One)	<b>Intro</b> White~White Sr.	<b>Private lesson</b> (One on One)	<b>Sparring</b> COMP. Team Only	
6:30-7:20pm (50mins)	<b>Level 2</b> Green~ Blue sr	<b>Level 1</b> Family	<b>Level 2</b> Green~ Blue Sr.	<b>Level 1</b> Family	<b>Little Tigers</b> (4-6yrs)	<b>Eagles Poomsae training</b>
7:20-8:20pm (1hr)	<b>COMP. Team ONLY</b> (1hr+30min)	<b>Level 3</b> Red~Black	<b>Eagles Poomsae training</b>	<b>Black Belt</b> COMP. BBC	<b>Level 3</b> Red~Black COMP. Team	
8:20-8:50pm (30mins)						

## Taekwon Tigers Team

- COMP : Competition Team
- BBC : Black Belt Club. (Black Belt Test Preparation)
- Elite Team : Talented athletes training for national level competitions.

## Terms

- Sparring : Kyoruki (Olympic Sports)
- Poomsae class : Intensive poomsae training.

## Notes

- Black Belt : Junior leader Volunteer classes required / can attend Level 3 class
- Adults are allowed to attend any level of class.
- Gear Required class