

WHITE TIGER CLASS SCHEDULE

SUMMER 2019

MONDAY

12:00 ALL RANKS

- TAEKWONDO
- HAPKIDO
- KUNG FU
- LADY TIGERS

4:30 LOW RANK TAEKWONDO

- White Belt 10th
- Yellow Stripe 9th
- Yellow Belt 8th
- Green Stripe 7th

5:15 MED RANK TAEKWONDO

- Green Belt 6th
- Blue Stripe 5th
- Blue Belt 4th
- Red Stripe 3rd

6:00 HIGH RANK TAEKWONDO

- Red Belt 2nd
- Black Stripe 1st
- Bodon Belt
- Black Belt, all degrees

6:15 TIGER TOTS

6:45 TIGER TOTS

6:45 ALL FORMS TAEKWONDO

7:30 ALL HAPKIDO

8:15 ADULT TAEKWONDO

TUESDAY

4:30 MED RANK TAEKWONDO

- Green Belt 6th
- Blue Stripe 5th
- Blue Belt 4th
- Red Stripe 3rd

5:15 HIGH RANK TAEKWONDO

- Red Belt 2nd
- Black Stripe 1st
- Bodon Belt
- Black Belt, all degrees

6:00 LOW RANK TAEKWONDO

- White Belt 10th
- Yellow Stripe 9th
- Yellow Belt 8th
- Green Stripe 7th

6:15 TIGER TOTS

6:45 TIGER TOTS

6:45 DEMO TEAM MEMBERS

7:30 ALL WING CHUN KUNG FU

8:15 ADULT TAEKWONDO

WEDNESDAY

12:00 ALL RANKS

- TAEKWONDO
- HAPKIDO
- KUNG FU
- LADY TIGERS

4:30 HIGH RANK TAEKWONDO

- Red Belt 2nd
- Black Stripe 1st
- Bodon Belt
- Black Belt, all degrees

5:15 LOW RANK TAEKWONDO

- White Belt 10th
- Yellow Stripe 9th
- Yellow Belt 8th
- Green Stripe 7th

6:00 MED RANK TAEKWONDO

- Green Belt 6th
- Blue Stripe 5th
- Blue Belt 4th
- Red Stripe 3rd

6:45 TIGER TOTS

6:45 WEAPONS W/MEMBERSHIP

7:30 LADY TIGER SELF DEFENSE

8:15 ALL HAPKIDO

THURSDAY

4:30 LOW RANK TAEKWONDO

- White Belt 10th
- Yellow Stripe 9th
- Yellow Belt 8th
- Green Stripe 7th

5:15 MED RANK TAEKWONDO

- Green Belt 6th
- Blue Stripe 5th
- Blue Belt 4th
- Red Stripe 3rd

6:00 HIGH RANK TAEKWONDO

- Red Belt 2nd
- Black Stripe 1st
- Bodon Belt
- Black Belt, all degrees

6:45 TIGER TOTS

6:45 SPARRING WITH GEAR

7:30 ADULT TAEKWONDO

8:15 ALL WING CHUN KUNG FU

FRIDAY

12:00 ALL RANKS

- TAEKWONDO
- HAPKIDO
- KUNG FU
- LADY TIGERS

4:30 MED RANK TAEKWONDO

- Green Belt 6th
- Blue Stripe 5th
- Blue Belt 4th
- Red Stripe 3rd

5:15 HIGH RANK TAEKWONDO

- Red Belt 2nd
- Black Stripe 1st
- Bodon Belt
- Black Belt, all degrees

6:00 LOW RANK TAEKWONDO

- White Belt 10th
- Yellow Stripe 9th
- Yellow Belt 8th
- Green Stripe 7th

6:00 MANUAL & APP MEET UP

- 1X Month Tiger Trivia

6:45 BOARD BREAKING CLASS

7:30 LADY TIGER SELF DEFENSE
7:30 HAPKIDO

8:15 LEADERSHIP & STAFF

SATURDAY

9:15 FAMILY CLASS - all styles

10:00 TIGER TOTS

10:30 TIGER TOTS

Taekwondo curriculum continued from family class

10:00 WHITE 10th

10:10 YELL ST. 9th

10:20 YELLOW 8th

10:30 GREEN ST. 7th

10:40 GREEN 6th

10:50 BLUE ST. 5th

11:00 BLUE 4th

11:10 RED ST. 3rd

11:20 RED 2nd

11:30 BLACK ST. 1st

11:40 BODON

11:50 ALL BLACK

12:00-12:30 BREAK

12:30 SPARRING WITH GEAR

1:15-2:00 DEMO TEAM MEMBERS

Rank required to join:

- Sparring = Yellow Stripe+
- Breaking = Green Stripe+
- Demo Team = Green+
- Weapons = Blue+
- Leadership/child = Bodon
- Leadership/adult = Green