

WHITE TIGER CLASS SCHEDULE

SUMMER 2019

MONDAY

12:00 ALL RANKS

- Taekwondo • Hapkido
- Lady Tigers • Kung fu

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 FORMS FOCUS TAEKWONDO

- All ranks 10th - Black

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

- All Official Members
- All students, all styles, all ranks, anyone who wants to practice demo techniques

7:30 WING CHUN KUNG FU

8:15 ADULT TAEKWONDO

WEDNESDAY

12:00 ALL RANKS

- Taekwondo • Hapkido
- Lady Tigers • Kung fu

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

- All Taekwondo, Hapkido, Lady Tigers & Kung fu may attend with extra fee

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

- White Tiger sparring gear required for controlled contact sparring. No gear=no touch. All Taekwondo ranks

7:30 ADULT TAEKWONDO

8:15 ALL WING CHUN KUNG FU

FRIDAY

12:00 ALL RANKS

- Taekwondo • Hapkido
- Lady Tigers • Kung fu

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 BREAKING

- All styles, all ranks. Green stripes 7th gup & higher may break real boards. All others will use foam boards.

7:30 LADY TIGER SELF DEFENSE 7:30 HAPKIDO

8:15 LEADERSHIP & STAFF

SATURDAY

9:00 FAMILY CLASS

- Taekwondo • Hapkido
- Lady Tigers • Kung fu
- * Tiger Tots • all ranks

9:45 LOW RANK + TAEKWONDO CURRICULUM

- White Belt 10th
- Yellow Stripe 9th
- Yellow Belt 8th
- Green Stripe 7th
- and all higher ranks

10:00 TIGER TOTS

10:30 TIGER TOTS

10:30 MED RANK + TAEKWONDO CURRICULUM

- Green Belt 6th
- Blue Stripe 5th
- Blue Belt 4th
- Red Stripe 3rd
- and all higher ranks

11:15 HIGH RANK TAEKWONDO CURRICULUM

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

12:30 SPARRING WITH GEAR ONLY

1:15-2:00 DEMO TEAM MEMBERS

SUNDAY

12:00 LOW RANK TAEKWONDO

1:00 ALL HAPKIDO