

# WHITE TIGER CLASS SCHEDULE 12/2/2019•MAC

NOTE: ALL CLASSES ARE TAEKWONDO UNLESS MARKED • ALL CURRICULUM CLASSES TEACH TESTING KICKS, TESTING FORMS & TESTING SELF DEFENSE

## MONDAY

12:00 TAEKWONDO

1:00 FIT CLUB\*

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

- Tiger Doejahng

6:45 TAEKWONDO FORMS - ALL BELT

- All ranks 10th - Black

6:45 TAEKWONDO BEGINNERS/TRIAL

- Tiger Doejahng

7:00-9:00\* SHURITE-JUTSU

- Tortoise Doejahng

7:30 ALL HAPKIDO

8:15 ADULT TAEKWONDO

## TUESDAY

2:00 TIGER TOTS

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

- Tiger Doejahng

6:45 DEMO TEAM - ALL BELT

- Members and students

6:45 TAEKWONDO BEGINNERS/TRIAL

- Tiger Doejahng

7:30 WING CHUN KUNG FU

8:15 ADULT TAEKWONDO

## WEDNESDAY

12:00 TAEKWONDO

1:00 FIT CLUB\*

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

6:15 TIGER TOTS

- Tiger Doejahng

6:45 WEAPONS CLASS - ALL BELT

- by 2 month sessions

6:45 TAEKWONDO BEGINNERS/TRIAL

- Tiger Doejahng

7:00-8:30\* SHURITE-JUTSU

- Tortoise Doejahng

7:30 LADY TIGER SELF DEFENSE

8:15 ALL HAPKIDO

## THURSDAY

2:00 TIGER TOTS

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

- Tiger Doejahng

6:45 SPARRING & SELF DEFENSE

- White Tiger Regulation Sparring Gear required

6:45 TAEKWONDO BEGINNERS/TRIAL

- Tiger Doejahng

7:30 WING CHUN Mook Yan Jong

7:30 ADULT TAEKWONDO

## FRIDAY

12:00 TAEKWONDO

1:00 FIT CLUB\*

4:30 MED RANK TAEKWONDO

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

5:15 LOW RANK TAEKWONDO

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

6:00 BREAKING ALL BELTS

- 7th gup & higher may use real boards, lower use foam

6:15 TIGER TOTS

- Tiger Doejahng

6:45 LADY TIGER SELF DEFENSE

- Tiger Doejahng

6:45 ALL HAPKIDO

6:45 TIGER TRIVIA GAME SHOW 1x mo

- Tortoise Doejahng

7:30 TAEKWONDO BLACK BELTS

8:15 LEADERSHIP TEAM TRAINING

## SATURDAY

*Note: on Saturdays, higher ranks may attend lower rank classes for review*

9:45 LOW RANK + TAEKWONDO CURRICULUM

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

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 & SELF DEFENSE

- White Tiger Regulation Sparring Gear required

1:15-2:00 DEMO TEAM MEMBERS

1:30-3:15 BIRTHDAY PARTIES *by appt.*

## SUNDAY

1:00 BEGINNERS & TRIAL LESSONS

- White Belt 10th

1:45 TAEKWONDO ALL BELTS

- White Belt 10th
- Yellow Stripe 9th
- Yellow Belt 8th
- Green Stripe 7th
- Green Belt 6th
- Blue Stripe 5th
- Blue Belt 4th
- Red Stripe 3rd
- Red Belt 2nd
- Black Stripe 1st
- Bodon Belt
- Black Belt, all degrees

2:30-3:30 FORMS TAEKWONDO

- Taeguek 1, Ill Jahng
- Taeguek 2, Yi Jahng
- Taeguek 3, Som Jahng
- Taeguek 4, Sah Jahng
- Taeguek 5, Oh Jahng
- Taeguek 6, Yook Jahng
- Taeguek 7, Chil Jahng
- Taeguek 8, Pahl Jahng
- Koryo, 1st Degree Black
- Keumgang, 2nd Degree
- Taebaek, 3rd Degree
- Pyungwon, 4th Degree
- Shipjin, 5th Degree
- (up to highest rank present)

2:30-3:30 OPEN MAT

- Lady Tigers
- Wing Chun
- Hapkido
- Weapons