



# JAE HUN KIM

TAE KWON DO INSTITUTE



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| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY                                       | FRIDAY   | SATURDAY  |
|---|--|---|--|--|---|
| 10:00am<br><b>Forms</b><br>and One-Step Training                          | 10:00am<br>All Levels  | 10:00am<br>All Levels   | 10:00am<br>All Levels                          | 10:00am<br>All Levels  | 10:00am<br>Children/Beginners<br>Children/Advanced<br>All Ages              |
| Noon<br>All Levels  | Noon<br>All Levels   | Noon<br>All Levels  | Noon<br><b>Forms</b><br>and One-Step Training  | Noon<br>All Levels   | 11:00am<br>All Levels   |
| 3:30pm<br>Children/Beginners<br>Children/Advanced<br>5-8 years            | 3:30pm<br>Children/Beginners<br>Children/Advanced<br>5-8 years                 | 3:30pm<br>Childrens Sparring<br>Yellow Belts and Above<br>5-8 years                   | 3:30pm<br>Children<br>Test Review<br>5-8 years | 3:30pm<br>Children/Beginners<br>Children/Advanced<br>5-8 years | Noon<br><b>Light Sparring</b><br>Yellow Belts and<br>Above                  |
| 4:30pm Kids<br><b>Black Belt Program</b><br>Kids All Levels<br>9-12 years | 4:30pm<br>Kids<br>9-12 years   | 4:30pm<br>Kids Sparring<br>Yellow Belts and Above<br>9-12 years                       | 4:30pm<br>Kids<br>Test Review<br>9-12 years    | 4:30pm<br>Kids<br>9-12 years                                   | 1:00pm<br><b>Black Belt<br/>Program Clinic</b><br>(see BB Program Schedule) |
| 5:30pm<br>All Levels  | 5:30pm<br>All Levels<br><b>Black Belt Program</b><br>(see BB Program Schedule) | 5:30pm<br>All Levels  | 5:30pm<br>All Levels                           | 5:30pm<br>All Levels   | 2:30pm<br>All Levels  |
| 6:30pm<br>All Levels  | 6:30pm<br><b>Forms</b><br>All Levels   | 6:30pm<br>All Levels  | 6:30pm<br><b>Stretching</b><br>All Levels      | 6:30pm<br><b>Test Review</b><br>Forms Review<br>All Levels     | <b>Hours</b><br><br>Mon-Fri<br>10am-9pm<br>Sat<br>10am-4pm                  |
| 7:30pm<br><b>Basics Review</b><br>White Belts and<br>Yellow Stripes       | 7:30pm<br>All Levels   | 7:30pm<br><b>Sparring Techniques<br/>and Light Sparring</b><br>Yellow Belts and Above | 7:30pm<br>All Levels                           | 7:30pm<br>All Levels   |   |

**Courtesy · Integrity · Perseverance · Self Control · Indomitable Spirit**