



JAE HUN KIM

TAE KWON DO INSTITUTE



1900 N. 45TH STREET, SEATTLE, WA 98103 (206) 632-2535
WWW.TKD-SEATTLE.COM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
12:00PM	All Levels (Adult)	Open Workout (Adult)	All Levels (Adult)	Forms & 1-step training All Levels (Adult)	All Levels (Adult)	10:00 AM	All Levels (Children/Junior)
3:15PM		Tiny Tots (3-5yrs)		Tiny Tots (3-5yrs)		11:00 AM	All Levels (Adult)
4:00 PM	All Levels (Children/Junior)	Beginner White Belt & Yellow Stripe (Children/Junior)	Endurance (Children/Junior)	All Levels (Children/Junior)	Sparring Techniques & Drills (no gear) All Levels (Children/Junior)	12:00PM	Light Sparring - Yellow stripe & above (Adult)
4:45 PM	Black Belt Program Clinics (Children/Junior BBP)	Intermediate & Advanced (Yellow Belt & up) (Children/Junior)	Light Sparring Yellow Stripe & up (Children/Junior)	Forms & 1-Step (Children/Junior)	Test Review (Children/Junior)	1:00 PM	(A) Test Review White Belt & Yellow Stripe (Adult) <hr style="width: 100%;"/> (B) Open Workout
5:30 PM	All Levels (Family)	(A) Beginner White Belt & Yellow Stripe (Adult) <hr style="width: 100%;"/> (B) Open Workout	All Levels (Family)	High Intensity (Adult)	Full Range and Light Sparring Techniques (no gear) (Adult)	<div style="border: 1px solid black; padding: 5px;"> <p>HOURS</p> <p>M-F 12PM -1PM; 3:30PM-9PM*</p> <p>SAT 10AM-2PM</p> <p><small>*except where noted Printed 10/3/2009</small></p> </div>	
6:30 PM	All Levels (Adult)	All Levels (Adult)	All Levels (Adult)	All Levels (Adult)	Forms & 1-step training (Adult)		
7:30 PM	Advanced Green Belt and Above (Adult)	Forms & 1-step training (Adult)	Light Sparring - Yellow stripe & above (Adult)	Black Belt Program Clinics (Adult BBP)	Tae Kwon Do Full Range Sparring (Adult)		

Tiny Tot (3-5yrs), Children (6-8), Junior (9-12), Adult (13 and up), Family (Adult, Junior, Children. **Children must be accompanied by an Adult Family Member) (A)/ (B) denotes split floor