

Chun ma Tae Kwon Do Academy - Fairlawn Location

web-site: www.chunmaTKD.com

Effective Date: Monday, May 17, 2010

Phone: 330-867-3366

1. Please come to class 5 -10 minutes earlier - **MUST COME TO YOUR OWN CLASS TIME** (except family member)

2. Class schedule **can be changed (drop/add classes)** without notice depends on class size.

Private lessons are available only **by appointment** with Master Jeon

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:15am TKD - All Ages & Ranks 10:15 - 10:30 am Jr. BBC & BBClub	Enjoy our Morning Exercise with our program combined cardiovascular and body toning while learning self-defense TKD techniques	9:30 - 10:15am TKD - All Ages & Ranks 10:15 - 10:30 am Jr. BBC & BBClub	Little TKD (age 3, 4) Kids age 3 & 4 are learning basic life skills - Discipline, behavior control, attention and developing Motor skills and Coordination		9:30 - 10:20am Cardio TKD & Kick Boxing
10:40 - 11:25am Cardio TKD & Kick Boxing		10:40 - 11:25am Cardio TKD & Kick Boxing			10:30 - 11:15am Beginner Kids All Ages
	4:10 - 4:40pm <i>Little TKD (Age 3,4)</i>			4:10 - 4:40pm <i>Little TKD (Age 3,4)</i>	11:15 - 12:00pm <i>Intermediate</i> <i>Advance all age</i>
4:45 - 5:30pm Beginner Kids & Family	4:45 - 5:30pm <i>BBC & Jr. Black Belt Club</i> KIDS	4:45 - 5:30pm Beginner Kids & Family	4:45 - 5:30pm <i>Intermediate & Advanced Kids</i>	4:55 - 5:40pm <i>Jr. BB Club Class</i>	12:00 - 1:00pm <i>DEMO TEAM</i>
5:20 - 6:05pm <i>Intermediate & Family</i> <i>(Green - Brown)</i>	5:50 - 6:35pm All Kids & All Ranks	5:35 - 6:20pm <i>Intermediate & Advanced Kids</i>	(5:30 - 5:45pm) <i>Extra class for Jr. BBC & BBClub</i>	5:45pm - 6:35pm <i>BB Club Class</i>	1:00 - 2:30pm <i>Competition Team</i> <i>(Form & Sparring)</i>
5:55 - 6:40pm <i>Advanced & Family</i> <i>(Red - Black)</i>	6:40 - 7:25pm BBC & Jr. BBC Teen & Adult	(6:20 - 6:35pm) <i>Extra class for Jr. BBC & BBClub</i>	5:50 - 6:35pm Beginner Kids & Family	6:35 - 6:50pm <i>Weapon Class</i>	2:30 - 4:30pm Birthday party must be reserved 2 weeks in advance
6:35 - 7:05pm <i>Little TKD (Age 3, 4)</i>	7:25 - 8:15pm Teen/Adult Family	6:35 - 7:05pm <i>Little TKD (Age 3, 4)</i>	6:40 - 7:25pm YUDO	6:50 - 7:10pm <i>Cho Kyo Club</i> <i>(2nd Dan & up)</i>	
7:05 - 7:55pm Teen/Adult Family	8:15 - 9:00pm <i>Low Impact TKD</i>	7:05 - 7:55pm Teen/Adult Family	7:25 - 8:15pm Teen/Adult Family	7:10 - 7:40pm <i>Sa Bum Club</i> <i>(3rd Dan & Up)</i>	
8:00 - 8:50pm Kick Boxing		8:00 - 8:50pm Kick Boxing	8:15 - 9:00pm Low Impact TKD		

0. **Little Tae Kwon Do** is for ages 3 and 4.

0. **Beginner Kids** are **White (10th Gub), Yellow (9th Gub), Orange Belt (8th Gub)**

0. **Intermediate & Advance Ranks** are **Green (7th Gub), & Up**

0. **Monday & Tuesday**, we have **nunchak** weapon lessons for 5 - 10 minutes at the end of each class.