

Chun ma Tae Kwon Do Academy - Wadsworth Location

web-site: www.chunmaTKD.com

Effective Date: Monday, March 8, 2010

Phone: 330-335-7000

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

2. TKD members are **not allowed to take double class** a day (except C-K-B members)

Private lessons are available before beginning class only **by appointment with Master Jeon**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Enjoy our Morning Exercise with our program combined cardiovascular and body toning while learning self-defense TKD techniques	10:40 - 11:25am Cardio Kick Boxing	Low Impact TKD Program (for age up to 80) is designed for all adult conditioning Fitness level includes self-defense & weapons (cane & nunchak)	10:40 - 11:25am Cardio Kick Boxing	Little TKD (for age 3 & 4) Kids age 3 & 4 are learning basic life skills - Discipline, behavior control, attention and developing motor skills and coordination	9:00 - 9:30am Little TKD (Age 3 & 4)
	11:30 - 12:15 Low Impact TKD & TKD all Ranks		11:30 - 12:15 Low Impact TKD & TKD all Ranks		9:40 - 10:25am Beginner All Ages
	12:30 - 1:00pm Little TKD (Age 3, 4)		12:30 - 1:00pm Little TKD (Age 3, 4)		10:35 - 11:20pm Advanced All Ages
			2:00 - 3:30pm <i>Birthday party must be reserved 2 weeks in advance</i>		
4:30 - 5:00pm Trial Lesson Private Lesson	4:30 - 5:00pm Trial Lesson Private Lesson	4:30 - 5:00pm Little TKD (Age 3 & 4)	4:30 - 5:00pm Trial Lesson Private Lesson	1) Family Stick Together We Offer Free Tiral membership to Parents 2) Join class with your Children and best way to learn Family Discipline 3) Let's have great time while Learning Self-defense and life style fitness training	
5:00 - 5:45pm Beginner Kids & Family	5:00 - 5:45pm <i>Jr. Black Belt Club KIDS</i>	5:00 - 5:45pm Beginner Kids & Family	5:00 - 5:45pm <i>Intermediate Kids & Advanced Kids</i>		
5:55 - 6:40pm <i>Intermediate Kids & Advanced Kids</i>	5:55 - 6:40pm Beginner Kids & Regular membership	5:55 - 6:40pm <i>Intermediate Kids & Advanced Kids</i>	(5:45 - 6:00pm) <i>Extra class for Jr. BB club & BB club</i>		
(6:40 - 6:55pm) <i>Extra class for Jr. BB club & BB club</i>	6:50 - 7:35pm Teen & Adult Family	(6:40 - 6:55pm) <i>Extra class for Jr. BB club & BB club</i>	6:00 - 6:45pm Beginner Kids & Family		
7:05 - 7:50pm Teen & Adult Family	7:35 - 8:20pm <i>Jr. BBC & BBC Weapon class</i>	7:05 - 7:50pm Teen & Adult Family	6:45 - 7:05pm Little TKD & Private Lesson		
7:50 - 8:35pm C - Kick Boxing			7:05 - 7:50pm Teen & Adult Family		
			7:50 - 8:35pm C - Kick Boxing		

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.

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