Chun ma Tae Kwon Do Academy - Wadsworth Location

web-site: www.chunmaTKD.com

Effective Date: Monday, June 7, 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 TKD techniques	**9:30 - 10:15am** **TKD - All Ages & Ranks**	**Little TKD (for age 3 & 4)** Kids age 3 & 4 and developing motor skills and coordination	**9:30 - 10:15am** **TKD - All Ages & Ranks**	1) Family Stick Together We Offer Free Tiral membership to Parents	**9:00 - 9:30am** **Little TKD (Age 3 & 4)**
	10:15 - 10:30 am **Jr. BBC & BBClub**		**10:15 - 10:30 am** **Jr. BBC & BBClub**		9:40 - 10:25am Beginner All Ages
	10:40 - 11:25am **Cardio** **TKD & Kick Boxing**		**10:40 - 11:25am** **Cardio** **TKD & Kick Boxing**	2) Join class with your Children and best way to learn Family Discipline	10:35 - 11:20pm Advanced All Ages
					12:00 - 1:00pm *DEMO TEAM* ***IN FAIRLAWN***
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**	3) Let's have great time while Learning Self-defense and life style fitness training	**1:00 - 2:30pm** ***Competion Team*** *(Form & Sparring)* ***IN FAIRLAWN***
5:00 - 5:45pm Beginner Kids & Family	**5:00 - 5:45pm** ***Jr. Black Belt Club KIDS***	5:00 - 5:45pm Beginner Kids & Family	5:00 - 5:45pm *Intermediate Kids &Advanced Kids*		**2:00 - 4:00pm** *Birthday party must be reserved 2 weeks in advance*
5:55 - 6:40pm *Intermediate Kids &Advanced Kids*	**5:55 - 6:40pm** All Kids & Ranks	5:55 - 6:40pm *Intermediate Kids &Advanced Kids*	(5:45 - 6:00pm) *Extra class for Jr. BB club & BB club*		
(6:40 - 6:55pm) *Extra class for Jr. BB club & BB club*	**6:50 - 7:35pm** Teen & Adult Family	(6:40 - 6:55pm) *Extra class for Jr. BB club & BB club*	6:00 - 6:45pm Beginner Kids & Family		
7:05 - 7:50pm Teen & Adult Family	**7:35- 8:20pm** ***Black Belt Club &*** **Jr. BBC Teen/Adult**	**7:05 - 7:50pm** Teen & Adult Family	**6:45 - 7:05pm** **Little TKD** **& Private Lesson**		
7:55 - 8:40pm C - TKD & Kick Boxing	***8:20 - 8:30pm*** *Weapon Class*	**7:55 - 8:40pm** C - TKD & Kick Boxing	**7:05- 7:50pm** Teen/Adult Family		

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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