

Do Jang Schedule: Effective December 1, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Adults 12:00 - 1:00 PM Forms Self Defense	Intro / Private Instruction 5:30 - 7:30 PM Sign up at the Front Desk	All Adults 12:00 - 1:00 PM Sparring Form Apps	Intro / Private Instruction 5:30 - 7:30 PM Sign up at the Front Desk		All Students Practice 9:00 - 9:45 AM Forms Self Defense All Students: Breaking 9:45 - 10:15 AM
All Kids: Beginners 4:30 - 5:15 PM Forms Self Defense	Kids: Intermediate 4:30 - 5:15 PM Forms Self Defense	All Kids: Beginners 4:30 - 5:15 PM Form Apps Self Defense	Kids: Intermediate 4:30 - 5:15 PM Form Apps Self Defense	Kids: All Students 4:30 - 5:15 PM Pretesting	Weapons: Beginners 10:15 - 10:45 AM Intro Private Instruction
Kids: Intermediate 5:15 - 6:00 PM Forms Self Defense	Kids 3-5: Little Dragons 5:15 - 5:45 PM	Kids: Intermediate 5:15 - 6:00 PM Sparring Form Apps	Kids 3-5: Little Dragons 5:15 - 5:45 PM	Instructor Use	Intermediate & Advanced 10:45 - 11:45 AM Weapons & Breaking 10:15 - 11:45 AM
Kids: Advanced 6:00 - 6:45 PM Forms Self Defense	All Kids: Beginners 5:15 - 5:45 PM	Kids: Advanced 6:00 - 6:45 PM Sparring Form Apps	All Kids: Beginners 5:15 - 5:45 PM		Sign up at the Front Desk
Black Belts 6:45 - 7:30 PM Forms Self Defense	Kids 6-9: Beginner 5:45 - 6:30 PM Forms Self Defense	Kids: Advanced 6:00 - 6:45 PM Sparring Form Apps	Kids 6-9: Beginner 5:45 - 6:30 PM		All Students Practice 11:45 - 12:30 PM
All Adults 7:30 - 8:30 PM Advanced Forms Self Defense	Basics 6:30 - 6:45 PM	Sparring Form Apps	Form Apps Self Defense		Sparring Forms Apps Instructor Use 12:30 - 1:00 PM
	Kids 10-13: Beginner 6:45 - 7:30 PM Forms Self Defense	Black Belts 6:45 - 7:30 PM Sparring Form Apps	Kids 10-13: Beginner 6:45 - 7:30 PM		Instructor Use 12:30 - 1:00 PM
	All Adults 7:30 - 8:30 PM Beginner Intermediate Forms Self Defense	All Adults 7:30 - 8:30 PM Advanced Sparring Form Apps	All Adults 7:30 - 8:30 PM Beginner Intermediate Sparring Forms Apps		Instructor Use 12:30 - 1:00 PM
	Tournament 7:30 - 8:30 PM Forms Sparring All Students		Tournament 7:30 - 8:30 PM Forms Sparring All Students		Brazilian Jiu-Jitsu 1:00 - 2:00 PM All Adults

TKD Beginner	White, Yellow and Orange Belts
TKD Intermediate	Green, Blue and Purple Belts
TKD Advanced	Brown, Brown Senior, Red and Probationary Black Belts
TKD Black Belts	1st Dan and Higher

Other TKD Programs	Other Programs include Tournament, Little Dragons, Basics and My Toddler & Me Classes
TKD Tournament	Tournament and Tournament Team Practice
Brazilian Jiu-Jitsu	All BJJ Ranks. Kids aged 8-14. Adults 15+