



*Fountain*

# TAEKWONDO

ACADEMY

ALL STUDENTS' SCHEDULE - EFFECTIVE AS OF August 12, 2021

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>TIGER CUBS</b> (4-6 YRS OLD)	<b>4:00pm</b>		<b>1:00pm</b> <b>6:00pm</b>		<b>5:00pm</b>	<b>9:00am</b>
<b>JR. WHITE &amp; YELLOW</b> (6-11 YRS OLD)	<b>4:30pm</b>	<b>4:00pm</b>	<b>6:30pm</b>		<b>12:00pm</b> <b>5:30pm</b>	<b>9:30am</b>
<b>JR. Green</b> (6-11 YRS OLD)	<b>5:30pm</b>	<b>6:00pm</b>	<b>4:00pm</b>		<b>12:00pm</b> <b>6:30pm</b>	<b>11:30am</b>
<b>JR. Blue - Black</b> (6-11 YRS OLD)	<b>6:30pm</b>	<b>5:00pm</b>	<b>5:00pm</b>		<b>12:00pm</b> <b>4:00pm</b>	<b>12:30pm</b> <b>Sparring Class</b>
<b>TEEN WHITE - BLACK</b> (12-15 YRS OLD)	<b>7:30pm</b>	<b>7:00pm</b>	<b>7:30pm</b>		<b>12:00pm</b> <b>7:30pm</b>	<b>12:30pm</b> <b>Sparring Class</b>
<b>ADULT SKILLS</b> (16+ YRS OLD)	<b>7:30pm</b>	<b>7:00pm</b>	<b>7:30pm</b>		<b>12:00pm</b> <b>7:30pm</b>	<b>12:30pm</b> <b>Sparring Class</b>
<b>ADULT S&amp;C (14+)</b>						<b>2:30pm</b>
<b>XP Program</b>						<b>1:30pm</b>
<b>Enthusiast Training</b>						<b>10:30am</b>

**MINIMUM CLASSES PER 2 MONTH CYCLE**

**Xtreme Performance - SCHEDULE**

•TIGER CUBS• <b>10</b>	•YELLOW• •WHITE• <b>12</b>	•GREEN• •BLUE• <b>14</b>	•BROWN• •RED• •BLACK• <b>16</b>	<b>WEAPONS TRAINING</b> • Nun chucks
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**UNIFORM REQUIREMENTS**

**Enthusiasts (Instructors) Training**

**Always Wear Your Tiger Rock Uniform to Every Lesson**

- TR Jacket or TR Shirt
- TR Pants
- TR Mat Shoes or Mat Socks
- Rank Belt

**Enthusiast's Trainings**

6-11yrs Old = 8/14, 8/21, 9/4, 9/18  
12+yrs Old = 8/14, 8/28, 9/4, 9/25

**STUDENTS ARRIVING LATE TO CLASS WILL *NOT* receive class credit! Late Students may *NOT* join class after 5 mins!**

**PERSONAL TRAINING** – Cross training and individual sessions are encouraged 1 or more times weekly.

**TESTING EVALUATIONS** – Students must test to earn new rank. Evaluations are a **VERY** important part of training. Students should make it their goal every cycle to be prepared for their upcoming Testing EVERY Test.

Students can register for testing the Monday through Saturday two weeks before the testing by using the invitation link sent directly to your email.

**TESTING CYCLE** – There are six 8 – 9 week training cycles each year. Students are encouraged to meet minimum class attendance guidelines to be eligible to test. Class totals start over at the beginning of each cycle regardless of whether the student tested. Minimum class attendance does not guarantee advancement. These are minimums. Ideal attendance is 3 times weekly resulting in 24 or more classes per cycle. Minimum class attendance gives the student a minimum chance of passing their testing.

**MAKE-UP TESTING's** – Make-Up Testing's are only allowed in special circumstances. Students wishing to test at a Testing other than the Primary Testing must obtain special permission and Pay Private

**6861 Mesa Ridge Pkwy, Fountain, CO • (719) 302-3015**