



Fountain

TAEKWONDO

ACADEMY

ALL STUDENTS' SCHEDULE - EFFECTIVE AS OF August 18, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TIGER CUBS (4-6 YRS OLD)	4:00pm	1:00pm	6:00pm		5:00pm	8:45am
JR. WHITE & YELLOW (6-11 YRS OLD)	4:35pm	12:00pm 4:00pm	6:35pm	4:30pm	12:00pm 5:35pm	9:35am
JR. Green (6-11 YRS OLD)	5:30pm	12:00pm 6:00pm	4:00pm	6:30pm	12:00pm 6:30pm	10:30am Sparring Class
JR. Blue - Black (6-11 YRS OLD)	6:30pm	12:00pm 5:00pm	5:00pm	6:30pm	12:00pm 4:00pm	10:30am Sparring Class
TEEN WHITE - BLACK (12-15 YRS OLD)	7:30pm	12:00pm 7:00pm	7:30pm	7:30pm	12:00pm 7:30pm	10:05am Sparring Class
ADULT SKILLS (16+ YRS OLD)	7:30pm	12:00pm 7:00pm	7:30pm	7:30pm	12:00pm 7:30pm	10:30am Sparring Class
Enthusiast Training						11:30am
XP Program				5:30pm		

MINIMUM CLASSES PER 2 MONTH CYCLE

Xtreme Performance - SCHEDULE

•TIGER CUBS• •WHITE• 10	•YELLOW• 12	•GREEN• •BLUE• 14	•BROWN• •RED• •BLACK• 16	<u>WEAPONS TRAINING</u> 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 = 8/19, 8/26, 9/16, 9/23, 9/30

12+yrs Old = 8/19, 8/26, 9/16, 9/23, 9/30

STUDENTS ARRIVING 5 mins LATE TO CLASS WILL **NOT** receive class credit! Late Students may **NOT** join class after 10 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