



North

TAEKWONDO

ACADEMY

ALL STUDENT'S SCHEDULE - EFFECTIVE AS OF August 18th, 2023

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
TIGER CUBS (4-6 YRS OLD)	4:00pm	1:00pm	6:00pm	5:15pm	5:00pm	8:45am
JR. WHITE, YELLOW (6-11 YRS OLD)	4:35pm	12:00pm 4:00pm	12:00pm 6:35pm		5:35pm	9:30am
JR. GREEN (6-11 YRS OLD)	5:30pm	12:00pm 5:00pm	12:00pm 4:00pm	6:45pm		11:15am
JR. BLUE (6-11 YRS OLD)	6:30pm	12:00pm 5:00pm	12:00pm 5:00pm	6:45pm	4:00pm	11:15am
JR. BROWN - BLACK (6-11 YRS OLD)	6:30pm	12:00pm	12:00pm 5:00pm	4:15pm	4:00pm	11:15am
TEEN WHITE - BLACK (11-15 YRS OLD)	7:30pm	12:00pm 6:00pm	12:00pm 7:30pm	5:45pm	6:30pm	10:15am
ADULT SKILLS (16+ YRS OLD)	7:30pm	12:00pm 6:00pm	12:00pm 7:30pm	5:45pm	6:30pm	10:15am
Adult S&C		7:00pm				
XP Program						12:15pm
Enthusiast Training					7:30pm	

RECOMMENDED MINIMUM CLASSES PER 2 MONTH CYCLE

•TIGER CUBS•
•WHITE•
10

•YELLOW•
12

•GREEN•
•BLUE•
14

•BROWN•
•RED• •BLACK•
16

UNIFORM REQUIREMENTS

Please Always Wear Your Tiger Rock Uniform to Every Lesson

- TR Jacket or TR Shirt
- TR Pants or TR Shorts
- TR Mat Socks or TR Mat Shoes
- Rank Belt and Wrist Belt

Xtreme Performance - SCHEDULE

WEAPONS TRAINING
Nunchucks

Enthusiasts (Instructors) SCHEDULE

Enthusiast's Trainings
6-12yr Old= 8/25, 9/15, 9/29

13+yrs Old= 9/8, 9/22, 9/29

STUDENTS ARRIVING 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 time.

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 8-10 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 Testing FEE of \$10extra.

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