



*North*

# TAEKWONDO

## ACADEMY

**ALL STUDENT'S SCHEDULE - EFFECTIVE AS OF October 10th, 2023**

	<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>5:15pm</b>	<b>5:00pm</b>	<b>8:45am</b>
<b>JR. WHITE, YELLOW</b> (6-11 YRS OLD)	<b>4:35pm</b>	<b>12:00pm</b> <b>*4:15pm</b>	<b>12:00pm</b> <b>6:35pm</b>		<b>5:35pm</b>	<b>9:30am</b>
<b>JR. GREEN</b> (6-11 YRS OLD)	<b>5:30pm</b>	<b>12:00pm</b> <b>5:00pm</b>	<b>12:00pm</b> <b>*4:15pm</b>	<b>6:45pm</b>		<b>11:15am</b>
<b>JR. BLUE</b> (6-11 YRS OLD)	<b>6:30pm</b>	<b>12:00pm</b> <b>5:00pm</b>	<b>12:00pm</b> <b>5:00pm</b>	<b>6:45pm</b>	<b>*4:15pm</b>	<b>11:15am</b>
<b>JR. BROWN - BLACK</b> (6-11 YRS OLD)	<b>6:30pm</b>	<b>12:00pm</b>	<b>12:00pm</b> <b>5:00pm</b>	<b>4:15pm</b>	<b>4:00pm</b>	<b>11:15am</b>
<b>TEEN WHITE - BLACK</b> (11-15 YRS OLD)	<b>7:30pm</b>	<b>12:00pm</b> <b>6:00pm</b>	<b>12:00pm</b> <b>7:30pm</b>	<b>5:45pm</b>	<b>6:30pm</b>	<b>10:15am</b>
<b>ADULT SKILLS</b> (16+ YRS OLD)	<b>7:30pm</b>	<b>12:00pm</b> <b>6:00pm</b>	<b>12:00pm</b> <b>7:30pm</b>	<b>5:45pm</b>	<b>6:30pm</b>	<b>10:15am</b>
<b>Adult S&amp;C</b>		<b>7:00pm</b>				
<b>XP Program</b>						<b>12:15pm</b>
<b>Enthusiast Training</b>					<b>7:30pm</b>	

**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= 10/20, 10/27, 11/17, 12/1  
13+yrs Old= 10/27, 11/10, 12/1

**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.

**7615 N. Union Blvd, Colorado Springs, CO • (719) 302-4797**