




I. H. Park Martial-Arts

Dahn Koon-Do & Tae Kwon-Do

Effective from Jan. 9, 2012

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|
| 9:00-10:00 Staff Meeting | Private Lesson by Appointment | | | | 9:30-10:15 DK-Sword |
| 10:10-11:00 Adults | | 10:10-11:00 Adults | | | 10:15-11:00 All Belts |
| <u>After School Program(We Transport)</u> | | | | | 11:05-11:50 The Kick |
| 4:20 -5:05 Kids Level 1, 2 | 4:20 -5:05 Kids Level 3 | 4:20 -5:05 Kids Level 1, 2 | 4:20 -5:05 Kids Level 3 | 4:20 -5:05 Kids Level 2 | 11:50-12:40 Demo Team |
| 5:10-5:40 <u>Young Tiger</u> 3-4 yrs | 5:10-5:40 Super Tiger 5-6 yrs | 5:10-5:40 <u>Young Tiger</u> 3-4 yrs | 5:10-5:40 Super Tiger 5-6 yrs | 5:10-5:40 Super Tiger 5-6 yrs | 1:30-3:00 Private Lesson or Exciting Martial Arts Birthday Parties  |
| 5:45-6:30 Kids Level 3, 4 | 5:45-6:30 Kids Level 1, 2 | 5:45-6:30 Kids Level 4 | 5:45-6:30 Kids Level 1, 2 | 5:40-6:20 Make-up & Test preparation | |
| 6:30-7:15 Black Belt Club | 6:30-7:15 Level 4 | 6:30-7:15 Level 3 | 6:30-7:15 Level 4 | 6:30 -7:30 Belt Promotion Test | |
| 7:15-8:00 Family | 7:15-8:00 Teens & Adults | 7:15-8:00 Family | 7:15-8:00 Teens & Adults | | |
| | 8:00-8:50 Instructor Club | | 8:00-8:50 Instructor Club | | |

- * Level 1: White, H. White, Yellow (Fore Arm & Shin Gears)
- * Level 2: H. Yellow, Green (Hand Protectors, Chest & Head Gears)
- * Level 3: H. Green, Blue, H. Blue (Face, Groin & Mouth Protector)
- * Level 4: Red and up (Whole Set of Safety Gears)

•Weekly Training Topics:

- 1st Week : Form
- 2nd Week : Self-Defense
- 3rd Week : Sparring
- 4th Week : Power Training
- 5th Week : Review

Please bring your Safety Gears at every class.

My goal is to be a Black Belt.