



**5925 Glenwood Ave
Raleigh, NC 27612**

919-43K-ICK8

Master Jun & Miss Phuong

Head Master

Program Director

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 - 12:00 Staff & Instructors	10:00 - 12:00 Private Lessons By Appointment	10:00 - 12:00 Private Lessons By Appointment	10:00 - 12:00 Private Lessons By Appointment	10:00 - 12:00 Private Lessons By Appointment	9:30 - 10:00 Young Tiger Ages 3-6
_____	_____	12:00 - 12:50 All Belts Family	_____	12:00 - 12:50 All Belts Family	10:10 - 11:00 All Belts Family
4:00 After School HW Time	4:00 After School HW Time	4:00 After School HW Time	4:00 After School HW Time	4:00 After School Fun Friday	11:10 - 12:00 Red & Black Family
4:40-5:30 All Belts Kids	5:00 - 5:50 All Belts Kids	4:40-5:30 All Belts Kids	5:00 - 5:50 All Belts Kids	4:40-5:30 All Belts Kids	12:00 - 1:00 INTRO
5:45-6:15 Young Tiger Ages 3-6	5:55 - 6:15 INTRO	5:45-6:15 Young Tiger Ages 3-6	5:55 - 6:15 INTRO	5:45-6:15 Young Tiger Ages 3-6	1:00 - 3:00 *Demo Team
6:25-7:15 All Belts Family	6:25 - 6:55 Young Tiger Ages 3-6	6:25-7:15 All Belts Family	6:25 - 6:55 Young Tiger Ages 3-6	6:25-7:15 All Belts Family	3:00-6:00 Exciting Martial Arts Birthday Parties (Please talk to your Instructors)
7:25-8:15 Red & Black Family	7:00 - 7:50 All Belts Family	7:25-8:15 *Special Topics	7:00 - 7:50 All Belts Family	7:25-8:15 *Special Topics	_____
_____	_____	_____	_____	_____	_____

STUDENT COMMITMENT

1. I will be loyal to my country.
2. I will honor my parents.
3. I will love my family and cooperate with them.
4. I will be faithful to my friends.
5. I will respect my elders and care for my juniors.
6. I will establish positive relationships with my teachers.
7. I will treat all living things with care.
8. I will never seek advantage of those who are weaker.
9. I will only use Tae Kwon-Do to benefit myself and others.
10. I will always finish what I start.

Lesson Topics

1) Safety Gear Week

Second Week Of Each Month

**High White:*

Forearm & Shin/Instep Mandatory

**Yellow & Up:*

Full Safety Gear Mandatory

2) Basics & Forms

3) Self-Defense

Bring Safety Gear

4) Knowledge & Power Training

* **Young Tiger:** Ages 3 - 6 , Parents can attend together.

* **Family:** Ages 13 & Up ***12 & Under Must Be Pre-Approved

* **Adults:** Ages 13 & Up

* **Kids:** Ages 7 to 12

* **Red & Black Family:** Red Belt and Up.

* **Private Lesson:** By appointment.

* **Demo Team:** Team members only, spectators are welcome.

* **Birthday Parties:** By reservation - Please see staff for more information about KICK's FUN and exciting Birthday Parties!

* **Special Topics:** See Flyers posted at DoJhang.

* **Higher ranks can attend lower ranking classes for review.**