



# Han's White Tiger Tae Kwon Do

## Effective November 11, 2017

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To give more opportunities to train at YOUR SCHOOL, we have changed the schedule to make it easier to find a class time that fits with your schedule.

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Class Focus	Kicking	Form	Sparring	Form	Kicking	Onestep Sparring
11:00-11:40 AM	Adult Only				Adult Only	
4:30-5:10 PM	All Belts	All Belts	All Belts	All Belts	All Belts	9:00-9:40 AM Adult Only
5:10-5:50 PM	All Belts	All Belts	All Belts	All Belts	All Belts	9:40-10:20 AM All Belts
5:50-6:20 PM	Little Tiger	Little Tiger	Little Tiger	Little Tiger	5:50-6:30 PM Family Only	10:20-11:00 AM All Belts
6:20-7:00 PM	All Belts	All Belts	All Belts	All Belts	6:30-7:10 PM Black Belt 7Gup -Above	11:00-11:30 AM Little Tiger
7:00-7:40 PM	All Black Belt	Black Belt 12Gup -8Gup	All Belts	Black Belt 12Gup -8Gup	7:10-8:00 PM Staff Training	11:30-12:10 AM All Black Belt
7:40-8:20 PM	7:40-8:30 PM Leadership Team/ Dream Team	All Belts	Black Belt 7Gup -Above	All Belts		12:10-1:00 PM Demo Team
8:20-9:00 PM		Adult Only	Adult Only	Adult Only		

- \*\* Adults Can Attend Any "All Belts" Class.**
- \*\* Yellow Belt and Above Must Bring Sparring Equipment Wednesdays.**
- \*\* Black Belt Must Bring Sparring Equipment Mondays.**
- \*\* Family Class on Friday Only for Parents and their Children.**
- \*\* All Students Should Attend at Least 2 Sparring Classes a Month.**



*Get the Most from Class By  
Following These Rules.  
Push Yourself!*

- 1. Come to Class on Time*
- 2. Come to Class with Clean Appearance*
- 3. Show Respect to Classmates and Instructors*
- 4. Never Cry or Whine*
- 5. Always Show Your Energy*
- 6. Stay Focused on the Lesson*
- 7. Show Teamwork with Your Classmates*
- 8. Show Good Leadership to Lower Belts and follow instructions from Higher Belts*
- 9. Challenge Yourself*
- 10. Always Try Your Best*

**Come celebrate your birthday with us.**

We schedule birthday parties on Saturdays Speak with an office manager to schedule yours today.

If you are enjoying your classes, please tell a friend!

**We appreciate your referrals.**