



TaeKwonDo

Elite Martial Arts Training with Awesome Power and Artistic Grace!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM						
10:00 AM						
11:00 AM						
12:00 PM						
3:00 PM						
4:00 PM	CDK1	CDK 1		CDK2	CDK1	
5:00 PM	CDK2	TKD2		CDK1	TKD 3	
6:00 PM	TKD3	TKD1		TKD1	XF	
7:00 PM	TKD2	TKD3		TKD2	BB	
8:00 PM						



CHUNG DO KIDS

CDK1

A class for 4-6 year old beginners. It is designed to be a stepping stone toward the traditional TKD classes. Students will Learn Traditional TKD at a slower pace but still be able to advance toward their black belt.

CDK2

A class for 4-6 year old yellow with white stripes and up. It is designed to be a stepping stone toward the traditional TKD classes. Students will learn traditional TKD at a slower pace but still be able to advance toward their black belt.

All CDK Classes Require

Two 45-minute classes = 1.5 hour class

EXTREME FORMS (XF)

A class for orange belts and up where they will learn the Chung Do extreme forms.

TAE KWON DO

TKD 1

A traditional TKD class for beginners (no experience to gold belt) who are children or adults (7 and up).

TKD 2

A traditional TKD class for intermediate students (orange belt to purple belt) who are children or adults. (7 and up).

TKD 3

A traditional TKD class for advanced students (blue belt to brown belt) to prepare them for black belt.

BLACKBELT (BB)

A class for black belts or 1st Gups.

TKD 1,2,3 Classes Require

Two 55-minute classes = 2 hour class

Please call the Front Desk at 317-733-3000 ext. 0 for more information.