

CHAMPION TAEKWONDO CLASS SCHEDULE

Effective January 2—June 2, 2012

Time
Specialty (if any)
Belt Levels/Eligible Ages

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11:35-11:55 Cardio & Conditioning ALL / 15 & up		11:35-11:55 Cardio & Conditioning ALL / 15 & up		11:00-11:40 ALL / 14 & Under
	12:00-12:45 ALL / 15 & up		12:00-12:45 ALL / 15 & up		11:45-12:15 Sparring 0 & Up / ALL
3:30 - 4:00 GBP / 4-9 years	3:30 - 4:10 GBP / 10-14 years	3:30 - 4:00 GBP / 4-9 years	3:30 - 4:10 GBP / 10-14 years		12:15-1:00 ALL / 15 & up
4:05 - 4:45 GBP / 10-14 years	4:15 - 4:45 WYO / 4-9 years	4:05 - 4:45 WYO / 10-14 years	4:15 - 4:45 WYO / 4-9 years	Private Lessons (Appt. Only)	Private Lessons (Appt. Only)
4:50 - 5:20 WYO / 4-9 years	4:50 - 5:30 WYO / 10-14 years	4:50 - 5:20 WYO / 4-9 years	4:50 - 5:30 WYO / 10-14 years	4:40 - 5:20 ALL / 14 & Under	
5:25 - 6:05 BRB / 14 & Under	5:35 - 6:05 GBP / 4-9 years	5:25 - 6:05 BRB / 14 & Under	5:35 - 6:05 GBP / 4-9 years	5:25 - 6:05 Sparring 0 & Up / ALL	
6:10 - 6:50 WYOG / ALL	6:10 - 6:50 BPBRB / ALL	6:10 - 6:50 Sparring 0 & Up / ALL	6:10 - 6:50 WYOG / ALL	6:10 - 6:50 ALL / ALL	
6:55 - 7:15 Cardio & Conditioning ALL / 15 & Up	6:55 - 7:35 WYOG / ALL	6:55 - 7:15 Cardio & Conditioning ALL / ALL	6:55 - 7:35 BPBRB / ALL	Private Lessons (Appt. Only)	
7:15 - 7:55 ALL / 15 & Up	7:35 - 7:55 Cardio & Conditioning ALL / 15 & Up	6:55 - 7:55 Combatives R & Up / 10-14 G & Up / 15 & Up	7:35 - 7:55 Cardio & Conditioning ALL / 15 & Up		

The 1st Friday of each month is belt testing. No regular classes.

Belt Progression

- White (2 months)
- Yellow (2 months)
- Orange (2 months)
- Green (4 months)
- Blue (4 months)
- Purple (4 months)
- Brown (6 months)
- Red (6 months)
- Black Deputy (6 months)
- Black (2-9 years per)

There are 9 levels of black belt. Poom (red and black) is a black belt under 15. Dan (solid black) is a black belt who is 15 or older.

Stripe Meanings

- White Fitness
- Yellow Knowledge
- Orange Kindness
- Green Focus
- Blue Level Form
- Purple Leadership
- Brown Self Defense
- Red Basics
- Black Kicking

To qualify for promotion:

Each level below black has minimum practice time and required stripes. Students ages 4-14 must earn all 9 stripes and students 15 and older earn the 4 curriculum stripes and the other 5 are optional. Keep in mind that wait times between levels are not just counted by months on the calendar but actual practice time is considered. Averaging less than 2 to 3 classes per week will extend time between promotions. There is NO RUSH to earn belts! If you need more time than the minimum at any level it is better to wait and build a solid foundation before moving to a new level.



WYO= White, Yellow & Orange Belts
 GBP= Green, Blue & Purple Belts
 BRB= Brown, Red & Black Belts
 WYOG= White, Yellow, Orange & Green Belts
 BPBRB= Blue, Purple, Brown, Red & All Black Belts
 O & Up= Orange Belt Minimum
 G & Up= Green Belt Minimum
 R & Up= Red Belt Minimum
 ALL= All belt levels White-Black

Cardio & Conditioning = No curriculum, work out only.
 Sparring= Olympic sport, required for optional tournaments.
 Combatives= Self defense with practical application.
 Attend your current belt level class times regularly and lower level class times periodically for review.