

KWON'S TAE KWON DO

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Students MUST Memorize

Number in KOREA		Korean Terms	
1 - Hana	6 - Yeo Sut	Kam Sa Ham Ni Da	- Thank you
2 - Dool	7 - Il Gop	An Nyung Ha Se Yo?	- How are you?
3 - Set	8 - Yeo Doul	Sa Bum Nim	- Master
4 - Net	9 - Ah Hop	Cha Ryeot	- Attention
5 - Dah Sut	10 - Yeol	Kyeong Nae	- Bow
		Joon Bee	- Ready
		Shi Jak	- Begin
		Baro	- Return
		An Nyung Hi Gei Sheep Si Yo	- Goodbye
		What do we learn at Kwon's?	- Tae Kwon Do

Effective: 1/12/2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Focus	Confidence	Respect	Cooperation	Leadership	Patience
Poomsae Team				6:10pm – 8:10pm		8:00am – 10:00am
Sparring Team			6:50pm – 8:10pm (Sparring Team)		5:40pm – 7:00pm (Sparring Team)	
All Belts & Family		4:20pm – 5:00pm		4:20pm – 5:00pm 5:30pm – 6:10pm	4:20pm – 5:00pm	10:00am – 10:40am 11:10am – 11:50am
Little Tigers (Ages 3 to 5)	4:20pm – 4:50pm	5:00pm – 5:30pm	4:20pm – 4:50pm	5:00pm – 5:30pm	5:00pm – 5:40pm Black Belt Candidate Training	10:40am – 11:10am
White & Yellow	6:10pm – 6:50pm		5:30pm – 6:10pm			Birthday Parties Available After 12 PM Reservation only
Orange to Purple	4:50pm – 5:30pm	5:30pm – 6:10pm	4:50pm – 5:30pm			
Blue to SBD Teen & Adult	5:30pm – 6:10pm	6:10pm – 6:50pm	6:10pm – 6:50pm			
Black Belt Teen & Adult	6:50pm – 7:30pm 7:30pm – 8:10pm	7:30pm – 8:10pm 6:50pm – 7:30pm				

Rules for Class Attendance

To ensure the safety of our students and families, please follow the procedures below for classes.

1. If you are feeling sick or have a high temperature, stay home and rest. Students must be fever free for 24-hour before returning to class.
2. Sanitize hands before and after class.
3. Siblings of any belt levels (except Little Tigers) may take class together.
4. Bring your own water bottle.
5. No waiting after class. (Parents must pick up on time!)
6. All Special Events and Make-up Promotion Test **MUST** be reserved in advance, some will have an additional cost.