

TOTAL TAEKWONDO - CLASS SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:15 to 10:45 AM Tiny Tykes		10:15 to 10:45 AM Tiny Tykes			
	11:00 AM to 11:45 Kids Classes (Beginner-Black Belt)		11:00 AM to 11:45 Kids Classes (Beginner-Black Belt)		10:00 AM to 10:45 All Ages/Ranks	
3:15 PM to 3:45PM Tiny Tykes		3:15 PM to 3:45PM Tiny Tykes		3:15 to 3:45PM Tiny Tykes	11:00 AM to 11:45 Core Sparring Beginners	
4:00 to 4:45 Kids Class	4:00 to 4:45 Kids Class	4:00 to 4:45 Kids Class	4:00 to 4:45 Kids Class	4:00 to 4:45 Kids Class	12:00 to 1:30 Core Sparring Advanced	
5:00 to 5:45 Kids Class Beginner/Intermediate Belts (White- Green)	5:00 to 5:45 Kids Class Intermediate/Advanced Belts (Blue tip-Red Belt)	5:00 to 5:45 Kids Class Beginner/Intermediate Belts (White- Green)	5:00 to 5:45 Kids Class Intermediate/Advanced Belts (Blue tip-Red Belt)	5:00 to 6:00 Tournament Olympic Sparring INVITATION ONLY		5:00 to 6:00 TOURNAMENT TRAINING INVITATION ONLY
6:00 to 7:30 Core Sparring Beginner-Advanced	6:00 to 6:30 Tiny Tykes (Mentor-Leadership)	6:00 to 6:30 Tiny Tykes (Mentor-Leadership)	6:00 to 6:30 Tiny Tykes (Mentor-Leadership)			
	6:45 to 7:30 Advanced Belts (RED-BLACK)	6:45 to 7:30 Black Belts (RED-BLACK)	6:45 to 7:30 Advanced Belts (RED-BLACK)			6:00 to 7:30 Tournament Olympic Sparring INVITATION ONLY
7:30 to 8:15 Teens/Adults	7:30 to 8:30 Total Combatives	7:30 to 8:15 Teens/Adults	7:30 to 8:30 Total Combatives			

TINY TYKES – Tiny Tykes is our 4 – 6 year old program which will help develop younger student's ability to learn, follow directions, and develop Focus, Confidence, Balance, Respect, and Memory. Accomplished through fun drills and games.

KIDS CLASS – School age kids learn to develop character and confidence through learning solid skills and a mindset of working towards goal accomplishment. Each rank offers the student a new challenge and rewarding sense of accomplishment. This is a great class for the kids to have fun and work on group interaction and team development. Advanced students seeking points for instructor program encouraged to attend and help.

ALL AGES/RANK – Class designed for all students who want to come in and participate as a group and help each other progress further.

BEGINNER/INTERMEDIATE BELTS – All beginner ranks White-Green welcome in this class. This class is geared for the beginner through intermediate ranks, focusing on the specific basic skills needed to progress in rank. Advanced students seeking points for instructor program encouraged to attend and help.

INTERMEDIATE/ADVANCED BELTS – All intermediate belts Green Belt with Blue Tip and higher are welcome in this class. This class is geared for the intermediate belts who are working on becoming advanced belts, as well as advanced belts who are wanting to retain and work on skill sets from previous testing

ADVANCED BELTS – All high ranks welcome in this class. However, class is geared for our advanced students, focusing on the more advanced techniques while remaining grounded in the fact that basics are always key.

CORE SPARRING CLASS – This class is dedicated to developing dynamic foot movement and striking techniques. In this class we will work on the mindset, foot work, endurance, and techniques needed to be competition ready.

TINY TYKES MENTOR / LEADERSHIP – This class is designed for our young students age 4-6. Each young student will be paired up with one of our advanced/junior black belt students for direct interaction and help. It is a great opportunity for our advanced/junior black belt students to help mentor and gain valuable leadership skills. A great class for building relationships and fostering pride in the school.

BLACK BELT CLASS – This class is for black belts and students who will be testing for black belt to come in and get the necessary skills, techniques, forms they need to be ready for promotion testing

Total Combatives – This class is designed for real work self-defense scenarios. Our highly trained instructor will take the class through boxing combinations, take down moves as well as ground fighting techniques to keep you safe and give you a sense of confidence in the ability to protect yourself and your family

Teens/Adults – A class specific to our older students who want a class away from the younger crowd.

TOURNAMENT OLYMPIC SPARRING – This is an INVITATION ONLY class. This class is designed to get our competitive team students ready for State and National Competitions. Students work on dynamic foot movement and techniques as well as mind set needed for high level competition.