



Adult/Teen Tae Kwon Do

(Ages 12 yrs and up)

CLASS SCHEDULE

- ✓ Exercise with Purpose
- ✓ Health & Fitness
- ✓ Personal Safety
- ✓ Energy
- ✓ Discipline



22803 44th Ave. West, Mountlake Terrace • 425-775-0299 • www.seattletaekwondo.com

Monday A-Day Curriculum Class	Tuesday A-Day Curriculum Class	Wednesday B-Day Membership Class	Thursday B-Day Membership Class	Friday C-Day Specialty Class	Saturday C-Day Specialty Class
Thai Kickboxing – Ages 14 and up					
8:15-9:00pm Rm. 1	7:15-8:00pm Rm. 1	8:15-9:00pm Rm. 1	7:15-8:00pm Rm. 1	No Class <i>Get to bed early for class tomorrow morning!</i>	10:15-11:00am Rm. 2
White Belts - Ages 12 and up					
6:15-7:00pm Rm. 2	7:15-8:00pm Rm. 2	6:15-7:00pm Rm. 2	7:15-8:00pm Rm. 2	Adults and Children Mixed 6:15-7:00pm Rm. 2	Adults and Children Mixed 11:15-12:00pm Rm. 2
Yellow Belts – Ages 12 and up					
6:15-7:00pm Rm. 2	7:15-8:00pm Rm. 2	Basic - 6:15-7:00pm Rm. 2 BBC – 7:15-8:10pm Rm.1	Basic - 7:15-8:00pm Rm. 2 BBC – 7:15-8:00pm Rm.2	Adults and Children Mixed 6:15-7:00pm Rm. 2	Adults and Children Mixed 11:15-12:00pm Rm. 2
Orange Belts – Ages 12 and up					
6:15-7:00pm Rm. 2	7:15-8:00pm Rm. 2	Basic - 6:15-7:00pm Rm. 2 BBC – 7:15-8:10pm Rm.1	Basic - 7:15-8:00pm Rm. 2 BBC – 7:15-8:00pm Rm.2	Adults and Children Mixed 6:15-7:00pm Rm. 2	Adults and Children Mixed 11:15-12:00pm Rm. 2
Green Belts – Ages 12 and up					
6:15-7:00pm Rm. 2	7:15-8:00pm Rm. 2	Basic - 6:15-7:00pm Rm. 2 BBC – 7:15-8:10pm Rm.1	Basic - 7:15-8:00pm Rm. 2 BBC – 7:15-8:00pm Rm. 2	BBC – Sparring 6:15-7:00pm Rm. 1	BBC Sparring 11:15-12:00pm Rm. 1
Purple Belts – Ages 12 and up					
6:15-7:00pm Rm. 2	7:15-8:00pm Rm. 2	Basic - 6:15-7:00pm Rm. 2 BBC – 7:15-8:10pm Rm.1	Basic - 7:15-8:00pm Rm. 2 BBC – 7:15-8:00pm Rm. 2	BBC – Sparring 6:15-7:00pm Rm. 1	BBC Sparring 11:15-12:00pm Rm. 1
Blue Belts – Ages 12 and up					
6:15-7:00pm Rm. 2	7:15-8:00pm Rm. 2	Basic - 6:15-7:00pm Rm. 2 BBC – 7:15-8:10pm Rm.1	Basic - 7:15-8:00pm Rm. 2 BBC – 7:15-8:00pm Rm. 2	BBC – Sparring 6:15-7:00pm Rm. 1	BBC Sparring 11:15-12:00pm Rm. 1
Midnight Blue Belts – Ages 12 and up					
6:15-7:00pm Rm. 2	7:15-8:00pm Rm. 2	BBC – 7:15-8:10pm Rm.1	BBC – 7:15-8:00pm Rm.2	BBC – Sparring 6:15-7:00pm Rm. 1	BBC Sparring 11:15-12:00pm Rm. 1
Brown Belts – Ages 12 and up					
6:15-7:00pm Rm. 2	7:15-8:00pm Rm. 2	BBC – 7:15-8:10pm Rm.1	BBC – 7:15-8:00pm Rm.2	BBC – Sparring 6:15-7:00pm Rm. 1	BBC Sparring 11:15-12:00pm Rm. 1
Red Belts – Ages 12 and up					
6:15-7:00pm Rm. 2	7:15-8:00pm Rm. 2	BBC/MC – 7:15-8:10pm Rm.1	BBC/MC – 7:15-8:00pm Rm. 2	BBC/MC – Sparring 6:30-7:15pm Rm. 1	BBC/MC Sparring 11:15-12:00pm Rm. 1
Deputy Black Belts – Ages 12 and up					
7:15-8:00pm Rm. 1	6:15-7:00pm Rm. 2	BBC/MC – 7:15-8:10pm Rm.1	BBC/MC – 7:15-8:00pm Rm. 2	BBC/MC – Sparring 6:15-7:00pm Rm. 1	BBC/MC Sparring 11:15-12:00pm Rm. 1
Black Belts – Ages 12 and up					
7:15-8:00pm Rm. 1	6:15-7:00pm Rm. 2	BBC/MC – 7:15-8:10pm Rm.1	BBC/MC – 7:15-8:00pm Rm. 1	BBC/MC – Sparring 6:15-7:00pm Rm. 1	BBC/MC Sparring 11:15-12:00pm Rm. 1
Specialty Teams					
Senior Xtreme KIX Team 8:15-9:00pm Rm. 2		Senior Xtreme KIX Team 8:15-9:00pm Rm. 2		Competition Team 4:30-6pm Rm. 2	

BBC – Black Belt Club *Members Only* Class MC – Masters Club *Members Only* Class

Attendance Policies

- For your safety you will not be allowed into class if you are more than 10-minutes late.
- Late students will not be issued an attendance stripe as they did not complete a full class.
- Students may only attend as many classes as their membership allows.
- Basic (White Uniforms) – 2 Days a week, BBC (Black Uniforms) – 3 Days a week, MC – Unlimited
- If you miss any classes, you may make them up the week before or after the absence.
– *After one week you may not make up any missed classes.*
- All students should attend at least two classes a week. This keeps your skills sharp and growth positive.
- Students may only attend classes designated for their rank level.
- BBC/MC (Masters Club) members (green belt and up) must attend one sparring class each week.
- BBC/MC (Masters Club) members must bring the monthly weapon with them to B Day classes.
- BBC (Black Belt Club) members may attend either Basic or BBC classes.
- Masters Club members may attend either BBC (Black Belt Club) or MC (Masters Club) classes.

TKD Graduation Schedule

January 28, 2012
February 25, 2012
March 31, 2012
April 28, 2012
May 26, 2012
June 30, 2012
July 21, 2012
August 25, 2012
September 29, 2012
October 27, 2012
November 17, 2012
December 22, 2012

2012 BBC/MC Weapons Schedule

Jan – Escrima Sticks
Feb – Kamas
Mar – Sword
April – Nunchaku
May – Escrima Sticks
June – Kamas
July – Sword
Aug – Nunchaku
Sep – Escrima Sticks
Oct – Kamas
Nov – Sword
Dec – Nunchaku

Special Programs and Teams



Are you part of the Black Belt Club?

The Black Belt Club is for dedicated students who have set Black Belt as their Goal. Some of the many benefits of being part of the Black Belt Club are special tuition savings, retail discounts and they may attend an additional class each week. Black Belt Club Members may also attend Black Belt Club "Members Only" classes and learn exciting weapons such as Escrima (Stick Fighting), Swords, Nunchaku and Kamas.

To qualify for the Black Belt Club you must meet the following criteria;

- Have set your goal as Black Belt
- Be a yellow belt or higher
- Be a student who tries their hardest in every class
- Have the character trait of not giving up once you set a goal.

If you meet these criteria and want to become the best you can be, please speak to your instructor. If he/she sees a Black Belt in you they will present you with a nomination form.



The Masters Club for Advanced Students

The Masters Club is specifically designed for advanced students. You must be a red belt or higher to qualify for membership. Much like the Black Belt Club, Masters Club members receive the best possible tuition rates, retail discounts, special "Members Only" classes to learn exciting weapons and advanced techniques, but Masters Club members are allowed to attend unlimited classes each week.

To qualify for the Masters Club you must meet the following criteria;

- Demonstrated Black Belt Leadership Skills
- Be a Red Belt or higher
- Have the character trait of not giving up once you set a goal.

If you meet these criteria and want to become the best you can be, please speak to your instructor. If he/she sees a Leader in you they will present you with a nomination form.



Xtreme KiX Demonstration Teams

The Xtreme KiX Team is a high flying, theatrical martial arts demonstration team. At Seattle Tae Kwon Do we have both a children's (7-13) and young adult team (14+). Our teams train weekly to develop gymnastic and acrobatic skills, board breaking and self-defense demonstrations as well as awesome choreographed martial arts demonstrations to music.

To qualify for the Xtreme KiX Team you must meet the following criteria;

- Be a Green Belt or higher
- Love to be in front of a crowd
- Have awesome martial arts skills

If you meet these criteria and want to become part of the Xtreme KiX Team, please speak to your instructor. They can let you know if there are spots on the team and give you a nomination form.



Seattle Tae Kwon Do Competition Team

The Competition Team for students who love the spirit of competition and participating in local, state and national level competitions. This team is for children and teens 7-17 years and you must be at least a green belt to join. Our team is limited to only 16 team members. The competition team trains specifically to develop gold medal traits that will enable them to be successful on and off the mats. In addition to this, the competition team does specialized cross training that helps develop awesome kicking skills. The competition team is a close knit unit that has the same goals in mind and supports each other to Gold Medal Excellence.

If you meet the basic criteria and want to become a Champion on and off the mat, please speak to your instructor. If he/she feels this is a good fit for you they will present you with an official nomination to join the team.