

**Graduation Schedule**

January 30, 2010  
 February 27, 2010  
 March 27, 2010  
 April 24, 2010  
 May 29, 2010  
 June 26, 2010  
 August 7, 2010  
 August 28, 2009  
 September 25, 2009  
 October 23, 2009  
 November 20, 2009  
 December 18, 2009

# SEATTLE TAE KWON DO

22803-44<sup>TH</sup> Avenue West, Mountlake Terrace, WA 98043

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## TEEN & ADULT SCHEDULE

Revised Schedule Starts 6-1-10

**2010 BBC/MC Weapons Schedule**  
 Jan – Escrima Sticks  
 Feb – Kamas  
 Mar – Sword  
 April – Nunchaku  
 May – Escrima Sticks  
 June – Kamas  
 July – Sword  
 August – Nunchaku  
 Sept – Escrima Sticks  
 Oct – Kamas  
 Nov - Sword  
 Dec - Nunchaku

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
<b>Thai Kickboxing – Ages 14 and up</b>					
No Class	7:30-8:15pm Rm. 2	No Class	7:30-8:15pm Rm. 2	No Class	9:30-10:15am Rm. 2
<b>White Belts - Ages 12 and up</b>					
6:30-7:15pm Rm. 2	7:30-8:15pm Rm. 1	6:30-7:15pm Rm. 2	7:30-8:15pm Rm. 1	Adults and Children Mixed 6:30-7:15pm Rm. 2	Adults and Children Mixed 11:30-12:15pm Rm. 2
<b>Yellow Belts – Ages 12 and up</b>					
6:30-7:15pm Rm. 2	7:30-8:15pm Rm. 1	Basic - 6:30-7:15pm Rm. 2 BBC – 6:30-7:15pm Rm.2	Basic/BBC - 7:30-8:15pm Rm. 1	Adults and Children Mixed 6:30-7:15pm Rm. 2	Adults and Children Mixed 11:30-12:15pm Rm. 2
<b>Orange Belts – Ages 12 and up</b>					
6:30-7:15pm Rm. 2	7:30-8:15pm Rm. 1	Basic - 6:30-7:15pm Rm. 2 BBC – 6:30-7:15pm Rm.2	Basic/BBC - 7:30-8:15pm Rm. 1	Adults and Children Mixed 6:30-7:15pm Rm. 2	Adults and Children Mixed 11:30-12:15pm Rm. 2
<b>Green Belts – Ages 12 and up</b>					
6:30-7:15pm Rm. 2	7:30-8:15pm Rm. 1	Basic - 6:30-7:15pm Rm. 2 BBC – 6:30-7:15pm Rm.2	Basic/BBC - 7:30-8:15pm Rm. 1	BBC – Sparring 6:30-7:15pm Rm. 1	BBC Sparring 11:30-12:15pm Rm. 1
<b>Purple Belts – Ages 12 and up</b>					
6:30-7:15pm Rm. 2	7:30-8:15pm Rm. 1	Basic - 6:30-7:15pm Rm. 2 BBC – 6:30-7:15pm Rm.2	Basic/BBC - 7:30-8:15pm Rm. 1	BBC – Sparring 6:30-7:15pm Rm. 1	BBC Sparring 11:30-12:15pm Rm. 1
<b>Blue Belts – Ages 12 and up</b>					
6:30-7:15pm Rm. 2	7:30-8:15pm Rm. 1	Basic - 6:30-7:15pm Rm. 2 BBC – 6:30-7:15pm Rm.2	Basic/BBC - 7:30-8:15pm Rm. 1	BBC – Sparring 6:30-7:15pm Rm. 1	BBC Sparring 11:30-12:15pm Rm. 1
<b>Midnight Blue Belts – Ages 12 and up</b>					
6:30-7:15pm Rm. 2	7:30-8:15pm Rm. 1	BBC – 6:30-7:15pm Rm.2	Basic/BBC - 7:30-8:15pm Rm. 1	BBC – Sparring 6:30-7:15pm Rm. 1	BBC Sparring 11:30-12:15pm Rm. 1
<b>Brown Belts – Ages 12 and up</b>					
6:30-7:15pm Rm. 2	7:30-8:15pm Rm. 1	BBC – 6:30-7:15pm Rm.2	Basic/BBC - 7:30-8:15pm Rm. 1	BBC – Sparring 6:30-7:15pm Rm. 1	BBC Sparring 11:30-12:15pm Rm. 1
<b>Red Belts – Ages 12 and up</b>					
6:30-7:15pm Rm. 2	7:30-8:15pm Rm. 1	BBC – 6:30-7:15pm Rm. 2 MC – 7:30-8:15pm Rm. 1	Basic/BBC - 7:30-8:15pm Rm. 1	BBC/MC – Sparring 6:30-7:15pm Rm. 1	BBC/MC Sparring 11:30-12:15pm Rm. 1
<b>Deputy Black Belts – Ages 12 and up</b>					
7:30-8:15pm Rm. 1	6:30-7:15pm Rm. 1	BBC – 6:30-7:15pm Rm. 2 MC – 7:30-8:15pm Rm. 1	MC – 8:30-9:15pm	BBC/MC – Sparring 6:30-7:15pm Rm. 1	BBC/MC Sparring 11:30-12:15pm Rm. 1
<b>Black Belts – Ages 12 and up</b>					
7:30-8:15pm Rm. 1	6:30-7:15pm Rm. 1	BBC – 6:30-7:15pm Rm. 2 MC – 7:30-8:15pm Rm. 1	MC – 8:30-9:15pm	BBC/MC – Sparring 6:30-7:15pm Rm. 1	BBC/MC Sparring 11:30-12:15pm Rm. 1
<b>Specialty Teams</b>					
Senior Xtreme Kix Team 8:15-9:00pm Rm. 1				Competition Team 4:30-6pm Rm. 2	

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

**Attendance Policies**

- 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
- Students must arrive 10-minutes before class begins.
- Late students will not be given an attendance stripe as then did not complete a full class.
- For your safety you will not be allowed into class if you are more than 10-minutes late.
- 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.
- BBC/MC members must bring the monthly weapon with them to B Day classes.
- BBC/MC members (green belt and up) must attend one sparring class each week.
- Students may only attend classes designated for their rank level.
- BBC members may elect to attend a Basic class if they like on B Days, however this will count as one of your three weekly classes.



Get in Shape with Thai Kickboxing.  
 Kickboxing burns over  
 969 calories per hour!