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	Kyeung 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: 8/24/2026

KWON'S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Focus	Confidence	Respect	Cooperation	Leadership	Patience
Special Training (will announced)						Masters / Instructors Training
Make up Test Reservation only						Private testing by appointment
Private Lesson Reservation only						Leadership / Black belt Training
Poomsae Team		6:50pm – 7:30pm (Poomsae Team)			6:10pm – 6:50pm (Poomsae Team)	Private lesson by appointment
Sparring Team			6:50pm – 8:10pm (Sparring Team)		6:50pm – 8:10pm (Sparring Team)	Tournament preparation training
All Belts & Family	4:50pm – 5:30pm	4:20pm – 5:00pm	4:50pm – 5:30pm	4:20pm – 5:00pm	5:30pm – 6:10pm 4:50pm – 5:30pm	Color belt promotion test
Little Tigers (Ages 3 to 5)	4:20pm – 4:50pm	5:00pm – 5:30pm	4:20pm – 4:50pm	5:00pm – 5:30pm	4:20pm – 4:50pm	
White to Purple	6:10pm – 6:50pm	5:30pm – 6:10pm	6:10pm – 6:50pm	5:30pm – 6:10pm		Birthday Parties Available by Reservation
Blue & up / Teen & Adult	5:30pm – 6:10pm	6:10pm – 6:50pm	5:30pm – 6:10pm	6:10pm – 6:50pm		
Black Belt / Teen & Adult	6:50pm – 7:30pm	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.**

All Special Events and Make-up Promotion Test **MUST** be reserved in advance; some will have an additional cost.