

Korean Academy of Taekwondo

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am -10:15	Lady Tigers (moms/women)		Lady Tigers (moms/women)			All Students Free Self- Defense 9:00-9:50am
3:40- 4:20pm	Little Tigers	Little Tigers	Little Tigers 2	Little Tigers	Little Tigers 2	
4:30- 5:20pm	Level 2 Requirements	Children's Combat Class	Level 2 Children	Level 2 Children	Level 1	Little Tigers 9:55-10:35am
5:30- 6:20pm	Level 1	Level 1	Demo Team Trick Kicks	Weapons	Red/Black Belts	Competition Team Olympic- style Sparring 10:45 – 12:15
6:30- 7:20pm	Competition Team	Adult/Family	Competition Team Olympic-style Sparring	Level 1	Instructor Training	
7:20- 8:20pm	Olympic-style Sparring	Grappling	Street Defense Teen/Adult	Adult/Family	Competition Team Olympic-style Sparring	Lady Tigers (moms/women) 1:00-2:00pm

FOR MORE INFORMATION

Stop By: 16850 E. Mississippi Ave. Aurora, CO 80017

Call: (303) 743-7767 **Visit:** www.kattaekwondo.com **Email:** SBN@kattaekwondo.com

See back side of schedule for more information on each class offered.

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Who can attend each class:

Class Title	Minimum Requirements	Description
Little Tigers	3 Years old & Follows Directions	3 - 5½ years old. Basic Techniques designed for this age group.
Little Tigers 2	Yellow Belt, 4 Years old	Transition Class for Little Tiger Graduates
Level 1	None	Beginner Techniques. Great for getting in shape and Basics.
Lady Tigers	None	Class for Moms/Women – kids can play together during class.
Level 2	High Yellow Belt	Advanced Techniques.
Demo Team	Yellow Belt	Gymnastics, Trick kicks and Demo Performances.
Weapons	High Yellow Belt (8 years old) & Excellent Discipline	Alternating Weapons Techniques - Nun-chucks, Swords, Bo-staff.
Dan Test Prep	High Blue Belt	Prepare High Belts for Black Belt Tests.
Instructor Training	Green Belt & 12 years old	Learn to be a Taekwondo Instructor. Certification offered.
Grappling	Yellow Belt or previous experience	All are welcome to learn Basic and Advanced Ground Defense.
*Combat Class	Yellow Belt + (some gear)	Mixed Combat Pre-MMA. Grappling, Sparring and Scrapping.
Adult/Family	Any child must be accompanied by an Adult and able to keep up	Great general class for Adults and families
*Sparring Drills	Yellow Belt + (some gear)	Techniques for Olympic Style Sparring.
*Street Defense	13 + Mature	Fun class, however serious street defense techniques.
*Competition Team	Talk to Master Bill or Master Matt	Olympic Style Sparring competition readiness class.
*Conditioning Class	None	Circuit training and conditioning to make you stronger!

***Note that some classes are seasonal**