

Korean Academy of Taekwondo

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|--|---------------------------------|--|---------------------|--|---|
| 9:15am -10:15 | Lady Tigers (moms/women) | | Lady Tigers (moms/women) | | Lady Tigers (moms/women) | All Students Free Self- Defense 9:00-9:50am |
| 3:40- 4:20pm | Little Tigers 2 | 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 Olympic-style Sparring | Adult/Family | Competition Team Olympic-style Sparring | Level 1 | Instructor Training | |
| 7:20- 8:20pm | | Street Defense Teen/Adult | Grappling | Adult/Family | Competition Team Olympic-style Sparring | Sport Poomsae 12:30 – 1:30 Poomsae Applications 1:30-2:30 |

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 | Green 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 | Blue 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 Scrappling. |
| 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. |
| *Sport Poomsae | High Green Belt + Excellent Discipline | Learn the forms under competition rules & be ready to compete at the highest level. |

***Note that some classes are seasonal**