



Effective Nov 28th 2011

# Winter 2011 Schedule

1283 W Palmetto Park Rd, Boca Raton, FL 33486

Palmetto Park Square Shopping Center ● Just East of I-95 on Palmetto Park Rd

We Develop Athletes with Character, Discipline, Focus, Confidence & Indomitable Spirit

561-955-9645  
**POWERFUL WORDS**  
 CHARACTER DEVELOPMENT  
 Certified School

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kid Tiger Novice PreK-K	3:45-4:15PM	4:30-5:00PM	3:45-4:15PM	4:30-5:00PM	Private Lesson Opening	
Kid Tigers Intermediate/Adv PreK-K	4:15-4:55PM	5:00-5:40PM	4:15-4:55PM		Private Lesson Opening	
TKD-Youth Novice Elementary School Age White-Yellow	5:00-5:45PM		5:00-5:45PM	5:00-5:45PM	Private Lesson Opening	10:00-10:45AM
TKD-Youth Int/Adv Elementary/Middle School Green Stripe-Black	5:45-6:40PM	5:45-6:40PM	5:45-6:40PM	5:45-6:40PM	Private Lesson Opening	10:00-10:45AM
TKD-CADETS/ADULTS MS,HS -Adults All Belts	6:40-7:40PM	6:40-7:40PM	6:40-7:40PM	6:40-7:40PM		10:45-11:45AM
						Private Lesson Opening

## BELT STRIPES

(represents proficiency of curriculum for each belt level color)

**RED STRIPE:** the Red Stripe represents proficiency in belt level Kicks and Footwork.

**BLUE STRIPE:** the Blue Stripe represents proficiency in your Form, Stances & Hand Techniques

**BLACK STRIPE:** the Black Stripe represents proficiency in Hogu Drills & Sparring



C.O.B.R.A.-Reality Self Defense Courses  
 Schedule TBD 10 Week and 1 day courses

### Private Lessons Available:

Forms, Sparring(must have partner), Hand techniques & Kicks, Color Belt Test Prep, Black Belt Test Prep, Self Defense, Competition Prep, Counseling, Fitness or Weapons  
 Available in ½ hr, ¾ hr and 1 hr sessions

### New Rates:

Master Bonaparte \$45/ ½ Hour, \$60/ ¾ hr, \$80/ 1hr  
 Staff Member \$30/ ½ hr \$45/ ¾ hr