



FALL SCHEDULE

1283 W Palmetto Park Rd, Boca Raton, FL 33486

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

Effective **AUGUST 23th 2010**

561-955-9645

Age/Belt SPECIFIC CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LADIES COMBAT FIT		9:30-10:30AM		9:30-10:30AM
Kid Tigers Novice Ages 4-5	4:00-4:30PM	4:00-4:30PM	4:00-4:30PM	4:00-4:30PM
Kid Tigers Advanced 5-7	4:30-5:00PM	4:30-5:00PM	4:30-5:00PM	4:30-5:00PM
Olympic TKD Ages 6-9 White-Yellow	5:05-5:45PM	5:05-5:45PM	5:00-5:30PM WHITE BELTS	5:05-5:45PM
Olympic TKD Ages 7-10 Green Stripe-Black	5:45-6:30PM		5:30-6:15PM Starts 15 minutes earlier	5:45-6:30PM
ELITE PRACTICE		ELITE FORMS 5:45-6:30PM	ELITE SPARRING 6:15-7:00PM	
OLYMPIC TKD Ages 11+ All Belts	6:30-7:15PM	6:30-7:30PM		6:30-7:15PM
OLYMPIC TKD Ages 14+ All Belts	7:15-8:15PM	6:30-7:30PM	BLACK BELTS ONLY 7:00-8:00PM	7:15-8:15PM All Belts
TKD KICKBOXING Teens & Young Adults		7:30-8:30PM		8:15-9:15PM

★ ★ ★ LIFE SKILLS & VALUES ★ ★ ★

Each month a Life Skill will be learned along with associated Values. A "Star" to place on the collar of your uniform will be given to you when you turn in a completed copy of your Life Skill Value sheet.

OLYMPIC TAE KWON DO



TKD KICKBOXING- Fitness program for teens and young adults-Get fighter fit!



LADIES COMBAT FIT- Kickboxing Boot camp- Martial arts kicking, punching, light weights, cardio, fat burning, toning work, slim down, reduce stress and get more energy. Get fighting Fit!



ELITE FORMS & SPARRING is Competition Team A & B practice-you must try out or be invited to train. Please warm up and stretch before class. For sparring be ready to start class warmed up with gear on!

SATURDAY	Bully Defensive Workshops will be performed in 2 hour seminars Dates and Times TBD-watch for announcements
White to Green Stripe Ages 6-12	10:00-10:45AM
Green to Black Ages 7-12	10:45-11:30AM
WHITE BELTS	11:30-12:00PM
ADULTS Ages 13+ All Belts	12:00-12:50PM
CHESS CLUB	1:00-2:00PM

CHESS CLUB- Membership opportunity meets 7 times from Aug-Nov \$99 Session Membership Fee includes t-shirt. Minimum of 14 members to start club. Chess instructor Chris Goldthorpe will teach how to play chess, strategies, tournament play and more..Beginners to advanced welcome! CLUB MEETS: 8/21, 9/11, 9/25, 10/2, 10/9, 10/16, 11/6, 11/13

"BULLY DEFENSIVE" WORKSHOPS- curriculum adapted by martial artists and used by over 700,000 law enforcements agents- Bully defense for a more confident child mentally and physically. Cost & schedule for seminars will be posted.

SELF DEFENSE (Hapkido/Hoshin Sul Methods) Korean military self defense.

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