

US Taekwondo Center

HOME OF OFFICIAL USA NATIONAL TEAM
HEAD COACH



The Spirit of Traditional Martial Arts

2011 Schedule

Effective from 5/23, 2011

Who Says Hard Work Isn't Fun?

Time	Mon Form-basic Kick & skills Self defense	Tue Form-basic Kick & skills Self defense	Wed Form, Self defense & Weapon	Thu Olympic Sparring—gear Skill kicks –Hand skill	Fri Olympic Sparring—gear Skill kicks –Hand skill	Sat Forms and basic Skills
1:00 1:45		Adult Open		Adult Open		
3:45 4:15	Peewee White, Yellow Orange	Peewee White, Yellow Orange	Peewee White, Yellow Orange	Peewee White, Yellow Orange	Peewee White, Yellow Orange	
4:15 5:00	Peewee Open Green & up	Peewee Open Green & up	Peewee Open Green & up	Peewee Open Green & up	Peewee Open Green & up	10am White, Yellow, Orange
5:00 5:45	Beginner	Semi-Advanced	Intermediate	Beginner	Black	10:45 Green & Up
5:45 6:30	Intermediate Semi-Advanced	Black Nunchaku	Semi-advanced	Black Belt Semi-Advanced	Beginner	12 :00-12:30 Event
6:30 7:15	Black Belt	Beginner	Black Sword & Stick	Intermediate	Intermediate Semi-Advanced	
7: 15 8:00	Family Open	Family Open	Family Open	Family Open	Junior Sparring Team	
8:00 8:50	Adult Form & Self Defense	Adult Form & Self Defense	Adult Cardio kick, Punch Sparring	Adult Cardio kick, Punch Sparring	Instructor's Seminar Class	

Belt Code: Beginner: White, Yellow, Orange Intermediate: Green, Blue, Purple Semi-advanced: Red, Brown, Red Black Advanced: Black Belt

Equipment to bring: Weapons (Wed.)

Sparring Gear: Thu. & Fri.

USTC Rules and Policies: 732-544-8811-www.ustcnj.com

All students must attend class with clean USTC uniform and patches.

No jewelry of any kind allowed during class.

All students from Yellow Belt and above must have mandatory equipment for sparring classes with USTC logos.

All students must present attendance card to instructor at start of class.

All school age students must turn in report card every marking period.

All children in reception area must be supervised at all times.

We encourage spectators, however talking will not be tolerated.

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