

USK Tae Kwon Do

Class & Training Schedule

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Effective: October 9, 2009

We recommend 2 classes per week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		11:00 – 11:45 am ALL AGES ALL BELTS Family Class			9:45 – 10:15 am TINY TIGERS ¹ Yellow & Higher
4:15 – 5:00 pm Purple, Red, High Red, Brown, High Brown, Bodan Super Bodan, & BLACK BELTS	4:15 – 5:00 pm Yellow, Orange, Green, & Blue Belts	4:15 – 5:00 pm White Belt BEGINNERS	4:15 – 5:00 pm Purple, Red, High Red, Brown, High Brown, Bodan & Super Bodan	4:30 – 5:15 pm White, Yellow, Orange, Green, & Blue Belts	10:15 – 10:45 am TINY TIGERS ¹ White Belt BEGINNERS
5:00 – 5:30 pm TINY TIGERS ¹ Yellow and Higher	5:00 – 5:45 pm White Belt BEGINNERS	5:00 – 5:30 pm TINY TIGERS ¹ White Belt BEGINNERS	5:00 – 5:45 pm Yellow, Orange, Green, & Blue Belts	5:15 – 6:00 pm Purple, Red, High Red, Brown, High Brown, Bodan, Super Bodan & BLACK BELTS	10:45 – 11:30 am White, Yellow, Orange, Green, & Blue Belts
5:30 – 6:00 pm TINY TIGERS ¹ White Belt BEGINNERS	5:45 – 6:30 pm Purple, Red, High Red, Brown, High Brown, Bodan, Super Bodan & BLACK BELTS	5:30 – 6:00 pm TINY TIGERS ¹ Yellow and Higher	5:45 – 6:30 pm White Belt BEGINNERS	6:00 – 6:45 pm ALL AGES ALL BELTS BLACK BELTS Family Class	11:30 – 12:15 pm Purple, Red, High Red, Brown, High Brown, Bodan, Super Bodan & BLACK BELTS
6:00 – 6:45 pm Yellow, Orange, Green, & Blue Belts	6:30 – 7:15 pm Fitness Kickboxing	6:00 – 6:45 pm Yellow, Orange, Green, & Blue Belts	6:30 – 7:15 pm Fitness Kickboxing	PRIVATE LESSONS ³ Available by Appointment See Instructor For Details	Schedule your next BIRTHDAY PARTY ² with us!!! Our Birthday Celebrations are FUN and MEMORABLE!!! Please schedule your party at least one month in advance when possible!
	6:30 – 7:15 pm Open Training ⁵ with Instructor		6:30 – 7:15 pm Open Training ⁵ with Instructor		
6:45 – 7:30 pm ALL AGES ALL BELTS BLACK BELTS Family Class	7:15 – 8:00 pm ALL AGES ALL BELTS BLACK BELTS Family Class	6:45 – 7:30 pm Purple, Red, High Red, Brown, High Brown, Bodan, Super Bodan & BLACK BELTS + ALL AGES/ ALL BELTS	7:15 – 8:00 pm BLACK BELTS	* * *	
7:30 – 8:30 pm TEAM USK	* * *		8:00 – 8:45 pm ALL AGES ALL BELTS Family Class	* * *	

BEGINNER CLASSES (White Belts):

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 – 6:00 pm Tiny Tigers		5:00 – 5:30 pm Tiny Tigers			10:15 – 10:45 am Tiny Tigers
	5:00 – 5:45 pm White Belts Only	4:15 – 5:00 pm White Belts Only	5:45 – 6:30 pm White Belts Only	4:30 – 5:15 pm Family Class	10:45 – 11:30 am Family Class
6:45 – 7:30 pm Family Class	7:15 – 8:00 pm Family Class	6:45 – 7:30 pm Adults & Teens	8:00 – 8:45 pm Family Class	6:00 – 6:45 pm Family Class	

¹ **Tiny Tigers** classes are for our youngest students (ages 4 & 5). The length of Tiny Tigers classes will vary between 30 and 45 minutes in length at the Master's discretion.

² **Birthdays Parties** at USK Tae Kwon Do are exciting, fun, and entertaining for all ages. Please see us for details!

³ **Private Lessons** are available. Please schedule in advance. Additional fees required.

⁴ **TEAM USK** is our Exhibition Team. Team members are appointed through try-outs each year. Selection is based on specific criteria including Tae Kwon Do skills, academic performance, and citizenship.

⁵ **Open Classes** are for students who would like to practice Tae Kwon Do skills in a informal setting with instructor assistance while their parents/family are exercising in Fitness Kickboxing Classes.

Green Belts and higher – sparring equipment is required – please bring your equipment to your class each time.

USK Tae Kwon Do Class and Training Information

USK Tae Kwon Do provides a variety of training opportunities for our students.

Tiny Tigers classes are available for children ages 4, 5 and 6. Our age-appropriate curriculum includes white belt training, gymnastics, and fitness activities and is designed to prepare our youngest students to enter regular Tae Kwon Do classes. Tiny Tigers will also gain confidence, listening skills, concentration, balance, and more – while having fun!

White Belts classes are for our BEGINNER students and consist of our basic Tae Kwon Do curriculum including basic motions, form (poomse), kicking pattern, self-defense, and basic knowledge. White belt classes allow students to focus on the white belt curriculum and to build a strong foundation for future Tae Kwon Do practice.

Olympic Sparring techniques will be taught in most classes throughout the week for green belt and higher students (except Tiny Tigers). Green belts and higher should bring sparring safety equipment to every class. Olympic sparring allows students to practice and incorporate their Tae Kwon Do skills through light to moderate contact sparring following USK Tae Kwon Do safety rules.

Family Classes are for all white and color belt students and graduates of the Tiny Tigers Club. Please see schedule for classes that correspond with your belt rank. Individual students and/or family members are welcome to attend.

Fitness Kickboxing provides a high intensity total body work-out. Classes are energizing and fun for teens and adults. Student family members may practice in our second gym during fitness kickboxing classes.

BASIC INFORMATION FOR STUDENTS

<p>THE TEN AIMS OF U.S.K. TAE KWON DO</p> <p>Discipline Respect Loyalty Self-confidence Pay Attention Education Leadership Always do my best Never give up Always be honest</p>	<p>STUDENT CREED</p> <p><i>FIRST...</i></p> <p>To build true confidence in myself through knowledge, honesty in my heart, and strength in my body.</p> <p><i>SECOND...</i></p> <p>To keep friendship with one another and to build a strong and happy community.</p> <p><i>THIRD...</i></p> <p>To never fight in order to achieve selfish ends but to stand for what is right.</p>
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U.S.K. Tae Kwon Do 1 through 6 Punch

Ki-Hap (yell) * Tae Kwon * Tae Kwon Do * Jong-Shin-Tong-Il * Kuk-Ki Tae Kwon Do * U.S.K. Tae Kwon Do * Ki-Hap (yell)

Five Aims of Tae Kwon Do

Respect Humility Perseverance Self-control Honesty

Counting		Greetings, Courtesies, Commands, & Basic Terminology			
One	Hana	Master	Sa-bom-nim	Uniform	Do boek
Two	Dul	Hello, how are you? (to Master)	Sa-bom-nim, Ahn-yong-hah-shim-nee-kah		
Three	Set				
Four	Net	Goodbye, have a nice day (to Master)	Sa-bom-nim, Ahn-yong-hee-kae-ship-shee-yo	Flag	Kuk ki
Five	Da-sut	Thank You	Kam-sa-ham-nee-dah	Belt	Di
Six	Ya-sut	Attention	Chariet	Nunchuks	Sang jol kwon
Seven	il-gup	Ready Stance	Joon-bee		
Eight	Ya-dal	Bow	Kyung-nye	TKD School	Do jang
Nine	a-hope	Return to ready stance	Pa-roh		
Ten	Yul	Begin	Shee-jahk		