

# Winter/Spring Class & Training Schedule 2012

USK Tae Kwon Do  
Class & Training Schedule  
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Effective: January 2, 2012

We recommend 2 classes per week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<sup>5</sup> USK After School Tiger Club – Special Tae Kwon Do Focus: Includes transportation from Angleton ISD ages 5 thru 12 for Tae Kwon Do, fitness, and agility practice and more!					10:00 – 10:30 am <b>TINY TIGERS<sup>1</sup></b> White Belt BEGINNERS (ages 4 & 5)
3:45 – 4:30 pm USK AFTER SCHOOL TIGER CLUB <sup>5</sup>	3:45 – 4:30 pm USK AFTER SCHOOL TIGER CLUB <sup>5</sup>	3:45 – 4:30 pm USK AFTER SCHOOL TIGER CLUB <sup>5</sup>	3:45 – 4:30 pm USK AFTER SCHOOL TIGER CLUB <sup>5</sup>	3:45 – 4:30 pm USK AFTER SCHOOL TIGER CLUB <sup>5</sup>	
4:30 – 5:15 pm ADVANCED: Purple thru Super Bodan	4:30 – 5:15 pm INTERMEDIATE: Yellow, Orange, Green, & Blue Belts	4:30 – 5:00 pm WHITE BELT BEGINNERS Family Class (ages 6 & up)	4:30 – 5:15 pm ADVANCED: Purple thru Super Bodan	4:30 – 5:15 pm White Belts, Yellow, Orange, Green, & Blue Belts (A & B Gym)	10:30 – 11:00 am <b>TINY TIGERS<sup>1</sup></b> Yellow and Higher (ages 4 & 5)
5:15 – 6:00 pm <b>TINY TIGERS<sup>1</sup></b> Yellow and Higher (ages 4 & 5)	5:15 – 5:45 pm WHITE BELT BEGINNERS Family Class (ages 6 & up)	5:00 – 5:30 pm <b>TINY TIGERS<sup>1</sup></b> White Belt BEGINNERS (ages 4 & 5)	5:15 – 6:00 pm INTERMEDIATE: Yellow, Orange, Green, & Blue Belts	5:15 – 6:00 pm ADVANCED: Purple thru Black Belts	11:00 – 11:45 am White, Yellow, Orange, Green, & Blue Belts (A & B Gym)
6:00 – 6:30 pm <b>TINY TIGERS<sup>1</sup></b> White Belt BEGINNERS (ages 4 & 5)	5:45 – 6:30 pm ADVANCED: Purple thru Super Bodans	5:30 – 6:15 pm <b>TINY TIGERS<sup>1</sup></b> Yellow and Higher (ages 4 & 5)	6:00 – 6:30 pm WHITE BELT BEGINNERS Family Class (ages 6 & up)	PRIVATE LESSONS <sup>3</sup> Available by Appointment See Instructor For Details	11:45 – 12:30 pm ADVANCED: Purple thru Black Belts
6:30 – 7:00 pm WHITE BELT BEGINNERS Family Class (ages 6 & up)	6:30 – 7:15 pm ALL AGES ALL BELTS BLACK BELTS Family Class	6:15 – 7:00 pm INTERMEDIATE: Yellow, Orange, Green, & Blue Belts	6:30 – 7:15 pm BLACK BELTS Super Bodans & Bodans	* * *	Schedule your next <b>BIRTHDAY PARTY<sup>2</sup></b> with us!!!  Our Birthday Celebrations are FUN and MEMORABLE!!!  Please schedule your party at least one month in advance when possible!
7:00 – 7:45 pm ALL AGES ALL BELTS BLACK BELTS Family Class	7:15 – 8:00 pm ADULTS ALL BELTS & BLACK BELTS	7:00 – 7:45 pm ADULTS & Advanced Children (Purple & Higher) BLACK BELTS	7:15 – 8:00 pm ALL AGES ALL BELTS BLACK BELTS Family Class	* * *	
7:45 – 8:30 pm TEAM USK <sup>4*</sup> * *			8:00 – 8:45 pm ADULTS ALL BELTS & BLACK BELTS (adults)	* * *	

<sup>1</sup> 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.

<sup>2</sup> Birthday Parties at USK Tae Kwon Do are exciting, fun, and entertaining for all ages. Please see us for details!

<sup>3</sup> Private Lessons are available. Please schedule in advance. Additional fees required.

<sup>4</sup> 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.

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.

**Adult Classes** are available for students ages 16 and higher. Adult students will focus on Tae Kwon Do curriculum, kicking techniques, fitness and Hapkido (HKD) self-defense.

**USK AFTER SCHOOL TIGER CLUB** provides children ages 5 thru 12 with the opportunity to focus on Tae Kwon Do practice up to 5 (five) days per week after school and includes transportation from AISD area schools with parent pick up prior to 5:30 pm – see us for additional details and later pick up info if needed!

### BASIC INFORMATION FOR STUDENTS

<p><b>THE TEN AIMS OF U.S.K. TAE KWON DO</b></p> <p>Discipline Respect Loyalty Self-confidence Pay Attention Education Leadership Always do my best Never give up Always be honest</p>	<p><b>STUDENT CREED</b></p> <p><i>FIRST...</i> To build true confidence in myself through knowledge, honesty in my heart, and strength in my body.</p> <p><i>SECOND...</i> To keep friendship with one another and to build a strong and happy community.</p> <p><i>THIRD...</i> To never fight in order to achieve selfish ends but to stand for what is right.</p>	<p><b>ELEVEN COMMANDMENTS</b></p> <p>Loyalty to my country Respect my parents Faithfulness to my spouse Respect my brothers and sisters Loyalty to my friends Respect my elders Respect my teachers Never take life unjustly Indomitable spirit Loyalty to my school Finish what I begin</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	Goodbye, have a nice day (to Master)	Sa-bom-nim, Ahn-yong-hee-kae-ship-shee-yo		
Four	Net	Thank You	Kam-sa-ham-nee-dah	Flag	Kuk ki
Five	Da-sut	Attention	Chariet	Belt	Di
Six	Ya-sut	Ready Stance	Joon-bee		
Seven	il-gup	Bow	Kyung-nye	Nunchuks	Sang jol kwon
Eight	Ya-dal	Return to ready stance	Pa-roh		
Nine	a-hope	Begin	Shee-jahk		
Ten	Yul				