



J.K.KANG'S TAEKWONDO CENTER

CLASS SCHEDULE

Effective 7/12/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:00a						L.T. Make up (All Belt)
10:15-10:55a						Jr. & Family Make Up (All Belt)
11:00-12:00a						F.I.T. Team
12:00-12:40p						Kickboxing Open Gym
4:30-5:10p	Little Tiger Beginner	Jr. Beginner Little Tiger Beginner L.T. Transition	Little Tiger Beginner	Jr. Beginner Little Tiger Beginner L.T. Transition	SPARRING Little Tiger Beginner	
5:15-5:55p	Jr. Beg-Int Jr. Int-Adv L.T. Intermediate L.T. Advanced	Jr. Advanced L.T. Advanced	Jr. Beg-Int Jr. Int-Adv L.T. Intermediate L.T. Advanced	Jr. Advanced L.T. Advanced	SPARRING Jr. Int-Adv L.T. Int-Advanced *Equipment Mandatory	
6:00-6:30p	Little Tiger Beginner		Little Tiger Beginner			
6:10-6:50p	L.T. Transition Jr. Beginner	L.T. Intermediate L.T. Advanced Jr. Beg-Int Jr. Int-Adv	L.T. Transition Jr. Beginner	L.T. Intermediate L.T. Advanced Jr. Beg-Int Jr. Int-Adv	SPARRING Jr. Beginner L.T. Transition	
7:00-7:40p	Family/Adult –All Belt Jr. Advanced	Family/Adult –All Belt	Family/Adult –All Belt Jr. Advanced	Family/Adult –All Belt	SPARRING Adult (All Belt) F.I.T. Team & Black Belts	
7:45-8:25	Kickboxing	ADULT – Yellow and up	Kickboxing	ADULT – Yellow and up	Leadership Program *By invitation Only	
8:30-9:10p		Kickboxing		Kickboxing		

Little Tigers & Juniors: Attend 2 classes per week + sparring class (optional)

L.T. (Little Tiger): 3 ½ - 5 years old

*Classes are 30 minutes

Beginner: White – Green

Intermediate: Green Black Stripe – Blue Black Stripe

Advanced: Red - Black

Jr. (Junior): 6 – 12 years old

*Classes are 40 minutes

Beginner: White – White Yellow Stripe

Beg-Int: Yellow – Orange

Int-Adv: Green – Blue

Advanced: Brown – Black

Adult: 13 and up

Family: 5 – Adult



Need help studying your words? Download the [Quizlet](#) app for help! Follow JKKANGTKD and select your belt rank to study for your tests