

***10 Minute Rule:** If you are more than 10 minutes late to class, you may only observe class. Thank you.



ELITEfitness
TAEKWONDO

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3.5 to 5 years (little Cubs)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White, Orange, Yellow, (Basic)	3:30 - 4pm	6- 6:30pm	5 - 5:30pm		3:30-4pm	9:30-10am

Children 5-12yrs (tigers)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White, Orange, Yellow (Basic)	4:45-5:30	3:30-4:15 or 6:30-7:15	5:30-6:15	4:15-5 or 6:30-7:15	4:00-4:45	<u>White, Orange, Yellow @ 10 -10:45am</u> <u>Low & High Green, Purple, Blue @ 10:45 - 11:30am</u> <u>Brown, Red, Black @ 11:30am - 12:15pm</u>
Yellow, Low & High Green (BBC)	4:00-4:45	(S) 4:30-5:15 or 6:30-7:15	(w) 3:30-4:15 or (S) 6:30-7:15	(S) 5-5:45 or 6:30-7:15	(w) 4:45-5:30 (S) 6:45—7:15	
Purple to Blue Stripe (BBC)	4:00-4:45	(S) 4:30-5:15 or 7:15 -8:00	(w) 3:30-4:15 or (S) 6:30-7:15	(S) 5-5:45 or 7:15-8	(w) 4:45-5:30 or (S) 6:45-7:30	
Brown, Red, R/B, Black (BBC)	5:45-6:30	(S) 5:15-6 or 7:15-8	(w) 4:15-5 or (S) 6:30-7:15	(S) 3:30-4:15 7:15-8	(w) 4:45-5:30 or (S) 6:45-7:30	

Adult, Teens, & Family	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White, Orange, Yellow (Basic)		6:30-7:15	5:30-6:15	6:30-7:15		<u>White, Orange, Yellow @ 10 -10:45am</u> <u>Low & High Green, Purple, Blue @ 10:45 - 11:30am</u> <u>Brown, Red, Black @ 11:30am - 12:15pm</u>
Yellow Low & High Green (BBC)		6:30-7:15	(S) 6:30-7:15	6:30-7:15	(S) 6:45-7:30	
Purple, Blue, Red, R/B, Blk (BBC)		7:15-8	(S) 6:30-7:15	7:15-8	(S) 6:45-7:30	
BLACK only (All Ages)	(S) 6:30-7:15			5:45-6:30	(w) 5:30 - 6:15	
Adults/Teens 12yrs+ (All Belts)	(A) 7:15-8pm		(A)(S) 7:15-8pm			

Other Classes/Programs

RED/BLACK - Prepares students for black belt testing. Mandatory.	Fridays @ 6:15-6:45
PRIVATE LESSONS - Private or semi private lessons available.	See Office
Birthday Parties - Have your next birthday party here!	See Office

(BBC) = Black Belt Club

(S) = Sparring Class (bring gear bag)

(w) = Weapons Class (bring weapon)

(A) = Adults/Teens 12yrs+, All Belts

2018 Color Belt

Test Schedule

*NO classes on test dates

- Friday, March 2-3
- Friday, April 27-28
- Friday, June 22-23
- Friday, August 17-18
- Friday, October 12-13
- Friday, December 8-9

2018 Black Belt

Test Schedule

*Regular class schedule

- Sat , Mar 24, 2018 @ 1:30pm
- Sat., June 16, 2018 @ 1:30pm
- Saturday, October tba@ 1:30pm

2017 CLOSED DATES

- President's Day - Feb. 19
- Memorial Weekend - May 26 & 28
- Independence Day - July 4
- Labor Day Weekend. - Sept 1 & 3
- Thanksgiving - November 22-24
- Winter Break - TBA

STUDENT CREED

1. I will obey my parents
2. I will clean my room
3. I will wear my seat belt
4. I will brush my teeth
5. I will always use good manners

Let us host your child's next Birthday Party!



Students are expected to:

1. Arrive 5-10 minutes prior to scheduled class.
2. If you are more than 10 minutes late you can only observe class.
3. Sign in at the kiosk before class.
4. Keep uniform clean & neat. Only school uniform or school t-shirt with uniform pants are allowed in class.
5. Quietly sit and wait for their class. (do not disturb the class in session)
6. Always show respect to instructors and students.
7. Always show good manners and behave properly.
8. Attend class consistently each week. Students who miss too many classes will not be eligible to test.
9. Practice at home for better results.
10. Make arrangements in the office for makeup class
11. Memorize & apply Student Creed
12. Have fingernails cut and trimmed.
13. **Test Eligibility - Minimum of 13 classes & belt curriculum.**
*see manual for details.

OTHER LOCATIONS ~ www.ildotkd.com

IL-DO Taekwondo Assoc.
14220 Culver Dr. Ste. D, Irvine
(949) 551-1800

Elite Fitness Taekwondo - Woodbury
6254 Irvine Blvd, Irvine
(949) 387-9888