



# World Champion Taekwondo-Lake Oswego

## Master J. Kim



Little Tiger	White Belts	Level 1	Level 2	Level 3	Level 4	Black Belts
4 ~ 6 Beginners Class	Beginners Class	Yellow Orange Stripe Orange	Green Stripe Green Blue Stripe	Blue Brown Stripe Brown Red	Black Stripe Black	Black Belts Only

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-4:40	3:45-4:15	4:00-4:40	4:00-4:40	4:00-4:30	9:00-9:40
2	Little Tiger	1	White Belt Yellow	Little Tiger	Black Belt Prep. Class
4:45-5:25	4:20-5:00	4:45-5:15	4:45-5:25	4:35-5:15	9:45-10:25
3	White Belt Yellow	Little Tiger	1 / 2	2	White / 1
5:30-6:10	5:05-5:45	5:20-6:00	5:30-6:10	5:20-6:00	10:30-11:10
1	4	White Belt	3 / 4	Kids Sparring	2 / 3
6:15-6:55	5:50-6:30	6:05-6:45	6:15-6:55	6:05-6:45	11:15-11:55
White Belt	3	2	Zoom 3 / 4	Black Belts	4 / B.B
7:00-7:40	6:35-7:15	6:50-7:30	7:00-7:40	6:50-7:30	12:00-12:40
4	Leadership	Jr. Black Belts	Zoom Black Belts	White Belt & 1	B B C Sparring
7:45-8:45	7:20-8:00	7:35-8:15	7:45-8:25	7:35-8:15	12:45-1:25
2 <sup>nd</sup> 3 <sup>rd</sup> Black Belts	1,2 Family All Age	3,4 Family All Age	Sr. Black Belts Teen & Adult	3,4 Family All Age	Demo Team
	8:05-8:45	8:20-9:00	8:25-8:40		
	Sr. Black Belts	Teen & Adult Sparring	Sr. Black Belt Nunchuck Class		

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