



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
4:00-4:45	3:45-4:15	4:00-4:45	3:45-4:15	4:00-4:30	9:00-9:45
2	Little Tiger	1	Little Tiger	Little Tiger	Black Belt Prep. Class
4:45-5:30	4:15-5:00	4:45-5:15	4:15-5:00	4:30-5:15	9:45-10:30
3	White Belt	Little Tiger	White Belt	1 / 2	White / 1
5:30-6:15	5:00-5:45	5:15-6:00	5:00-5:45	5:15-6:00	10:30-11:15
1	4	White Belt	1	Kids Sparring	2 / 3
6:15-7:00	5:45-6:30	6:00-6:45	5:45-6:30	6:00-6:45	11:15-12:00
White Belt	1,2 Family All Age	2	3 / 4	Black Belts	4 / B.B
7:00-7:45	6:30-7:15	6:45-7:30	6:30-7:15	6:45-7:30	12:00-12:45
4	3	Jr. Black Belts	2	White Belt & 1	B B C Sparring
7:45-8:45	7:15-8:00	7:30-8:15	7:15-8:00	7:30-8:15	12:45-1:30
2 nd 3 rd Black Belts	Leadership	3,4 Family All Age	Sr. Black Belts Teen & Adult	3,4 Family All Age	Demo Team
	8:00-8:45	8:15-9:00	8:00-8:15		
	Sr. Black Belts	Teen & Adult Sparring	Sr. Black Belt Nunchuck Class		

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