



Jae Hun Kim Taekwon-do Institute

1900 N. 45TH STREET, SEATTLE, WA 98103 - (206) 632-2535 - WWW.TKD-SEATTLE.COM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
11:00 AM	All Levels		Forms & 1-step training		All Levels	10:00 AM	All Levels (Children/Junior)
3:15 PM		Tiny Tots		Tiny Tots		11:00 AM	All Levels
4:00 PM	All Levels (Children/Junior)	Beginner White Belt to Yellow Belt (Children/Junior)	All Levels (Children/Junior)	Forms (Children)	Test Review Level I (Children/Junior White to Green Belt)	12:00 PM	Forms & 1-step training
4:45 PM	Black Belt Program Clinics (Children/Junior BBP)	Intermediate & Advanced Green Stripe & up (Children/Junior)	Sparring (Children/Junior)	Forms (Junior)	Test Review Level II (Children/Junior Blue Stripe & up)		
5:30 PM	Heavy Bag	Open Workout	Open Workout	Heavy Bag	Open Workout		
6:00 PM	Advanced Green Belt & up	All Levels	All Levels	All Levels	Forms & 1-step training		
7:00 PM	All Levels	Forms & 1-step training	Light Sparring	Black Belt Program Clinics (BBP)	Full Range Sparring		

HOURS
 M, W, F 11AM -12PM;
 3:45PM-8PM
 T, TH 3PM-8PM
 SAT 10AM-1PM

- Tiny Tot (3-5)
- Children (5-8), Junior (9-13)
- Adult (14 and up)

JHK Seattle Class Descriptions-Adults

- All Levels: Any student can attend, but students will work on different techniques according to their level.
- Advanced: Open to advanced students only. Higher-level combinations of techniques and power techniques are practiced in this class.
- Forms and 1-Step training: This class focuses on learning and practicing traditional Taekwon-do forms and one-step combinations.
- Heavy Bag Workout: Workouts designed to develop speed and power in your Taekwondo skills and improve personal strength and fitness.
- Light Sparring: These sessions are quite light, designed to increase the student's endurance and speed without involving hard physical contact. Everyone is well padded with protective equipment, and no contact to the face is allowed.
- Full Range Sparring (Integrated Taekwon-do Sparring): The aim of this class is to develop one's ability to use the full range of techniques taught at our school. Students who are interested in the practical use of Taekwon-do for self-defense love this class, as they are tested against various types of attacks. A simple way to explain Full Range Sparring class is that it is a "no rules" environment. However, the sessions are strictly supervised and controlled to ensure everyone's safety. We want to keep this a fun learning experience where both men and women develop skill and confidence.

JHK Seattle Class Descriptions-Kids

Tiny Tots

- Tiny Tots: Our Tiny Tot's program focuses on blocks, punches, and kicks in a game-centered, age-appropriate environment. The Tiny Tot Taekwon-do skills are taught using the most safe, fun, and exciting instruction methods available for this age group.

Children/Junior

- All Levels: Any student can attend, but students will work on different techniques according to their level.
- Intermediate & Advanced: Open to green stripe belts and up. Higher-level combinations of techniques and power techniques are practiced in this class as well as One-Step combinations.
- Beginner: Open to white belts through yellow belts. In the beginner class, a strong emphasis will be placed on developing the fundamental techniques taught in the beginning ranks of Taekwon-do. The goal is to help students develop solid basic techniques ensuring their success as they progress through the ranks
- Forms: This class focuses on learning and practicing traditional Taekwon-do forms.
- Sparring (Children/Junior): Open to all levels. Sparring gear required. This class reviews sparring tactics and strategies in a step-by-step format. Students will learn the sparring applications of a wide variety of hand and kicking techniques taught in the all levels class. The students will be exposed to both light sparring and full range sparring as they progress through the curriculum.
- Test-Review: Reviews all aspects of the curriculum and test requirements. Children/Junior will have an opportunity to earn colored tapes on their belt which represent the components of the curriculum for their level. Once a children/junior student has earned all of their tapes, they will be ready to test. (Level I - white to green, Level II - blue-stripe and up).