



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			Forms & 1-step training		All Levels / Heavy Bag	10:00 AM	All Levels (Children/Junior)
						11:00 AM	All Levels
4:00 PM	All Levels (Children/Junior)	Beginner/Intermediate White Belt to Green Stripe 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)	Advanced Green Belt & up (Children/Junior)	Sparring (Children/Junior)	Forms (Junior)	Test Review Level II (Children/Junior Blue Stripe & up)	HOURS MON-FRI 11AM -12PM; 3:45PM-8PM SAT 10AM-1PM	
5:30 PM	Heavy Bag	Open Workout	FRS EXT (CH/JR) 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		

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- Children/Junior

- All Levels: Any student can attend, but students will work on different techniques according to their level.
- Advanced: Open to green belts and up. Higher-level combinations of techniques and power techniques are practiced in this class as well as One-Step combinations.
- Beginner/ Intermediate: Open to white through green stripe belts. A strong emphasis will be placed on developing the fundamental techniques of Taekwon-do. The goal is to help students develop solid basic techniques ensuring their success as they progress through the ranks. One-Step combinations will also be covered.
- 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.
- FRS EXT- Full Range Sparring Extension (Children/Junior): Open to blue belt and up and must attend preceding sparring class. The aim of this class is to develop one's ability to use the full range of techniques taught at our school in a practical sparring setting. The sessions are strictly supervised with the goal to keep this a fun learning experience where kids develop skill and confidence.
- 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).