



# JAE HUN KIM TAEKWON-DO INSTITUTE

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
11:00 AM	All Levels (Adult)		Forms & 1-step training (Adult)		All Levels (Adult)	9:00 AM	Forms Team Training (bi-weekly)
3:15 PM		Tiny Tots (3-5yrs)		Tiny Tots (3-5yrs)		10:00 AM	All Levels (Children/Junior)
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)	11:00 AM	All Levels (Adult)
4:45 PM	Black Belt Program Clinics (Children/Junior BBP)	Intermediate & Advanced Green Stripe & up (Children/Junior)	Light Sparring (Children/Junior)	Forms (Junior)	Test Review Level II (Children/Junior Blue Stripe & up)	12:00 PM	Forms & 1-step training (Adult)
5:30 PM	All Levels (Teen/Adult)	Open Workout (Teen/Adult)	All Levels (Teen/Adult)	All Levels (Teen/Adult)	Full Range Sparring (Children/Junior Blue Belt & up)	<b>HOURS</b> M, W, F 11AM -12PM; 3:45PM-9PM T, TH 3PM-9PM; SAT 10AM-2PM	
6:30 PM	Advanced Green Belt & up (Adult)	All Levels (Adult)	All Levels (Adult)	Black Belt Program Clinics (Adult BBP)	Forms & 1-step training (Adult)		
7:30 PM	Fundamentals White to Green Stripe (Adult)	Forms & 1-step training (Adult)	Light Sparring (Adult)	Heavy Bag Workout (Adult)	Full Range Sparring (Adult)	<ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #90EE90; border: 1px solid black; margin-right: 5px;"></span> Tiny Tot (3-5)</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #FFDAB9; border: 1px solid black; margin-right: 5px;"></span> Children (5-8), Junior (9-13)</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #DDA0DD; border: 1px solid black; margin-right: 5px;"></span> Teen (12-16)/Adult</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #ADD8E6; border: 1px solid black; margin-right: 5px;"></span> Adult (14 and up)</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #F08080; border: 1px solid black; margin-right: 5px;"></span> Team Training</li> </ul>	

## 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.
- Fundamentals: Our fundamentals class will cover the hand and kicking skills for white to green stripe belts. A strong emphasis will be placed on developing solid basic techniques to help ensure success as a student makes progress through the ranks
- 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 Team Training** – Our team training sessions are open to team members only. If you are interested in joining one of our teams, let us know and we will tell you what steps to take.

**JHK Seattle Teen Classes** (12-16 years) - These classes provide teenagers with a great way to get in shape while learning Taekwon-do in a socially engaging and supportive environment

## 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.
- 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 (Children/Junior): 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).