



KWON'S TAE KWON DO

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*****Students MUST Memorize*****

Number in KOREA		Korean Terms	
1 - Hana	6 - Yeo Sut	Kam Sa Ham Ni Da	- Thank you
2 - Dool	7 - Il Gop	An Nyung Ha Se Yo?	- How are you?
3 - Set	8 - Yeo Doul	Sa Bum Nim	- Master
4 - Net	9 - Ah Hop	Cha Ryeot	- Attention
5 - Dah Sut	10 - Yeol	Kyeong Nae	- Bow
		Joon Bee	- Ready
		Shi Jax	- Begin
		Ba Ro	- Return
		An Nyung Hi Gei Sheep Si Yo	- Good Bye
		What do we learn at Kwon's?	- Tae Kwon Do

Effective: 09/08/2020

Kwon's	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Focus	Confidence	Respect	Cooperation	Leadership	Patience
Online (All Belts)	5:00pm – 5:30pm	5:00pm – 5:30pm	5:00pm – 5:30pm	5:00pm – 5:30pm		
Little Tigers Ages 3 to 5	5:40pm – 6:05pm		5:40pm – 6:05pm			10:10am – 10:35am
White to Purple	6:15pm – 6:45pm	5:40pm – 6:10pm	6:15pm – 6:45pm	6:20pm – 6:50pm	5:00pm – 5:30pm	09:30am – 10:00am
Blue & up	6:55pm – 7:25pm	6:20pm – 6:50pm	6:55pm – 7:25pm	5:40pm – 6:10pm	5:00pm – 5:30pm	10:45am – 11:15pm
All Belts		7:40pm – 8:10pm		7:40pm – 8:10pm	6:20pm – 6:50pm	8:00am – 9:00am Outdoor Training (Parking Lot Behind Subway)
Black Belts	7:35pm – 8:05pm		7:35pm – 8:05pm		5:40pm – 6:10pm	11:25am – 11:55am
Teen & Adult Age 12 & up		7:00pm – 7:30pm		7:00pm – 7:30pm	5:40pm – 6:10pm	11:25am – 11:55am

New Covid-19 Related Rules for Class Attendance

We appreciate your patience during the pandemic. To ensure the safety of our students and families, please adhere to the procedures for classes.

- Class attendance by appointments only.**
- Students with regular memberships may **sign-up for 1 – 2 classes a week.**
- Temperature will be taken prior to entrance to the Dojang.
- If you are feeling sick or have a temperature, stay home and rest. Students must be 24-hour fever free before returning to class.
- Masks must be worn during class by staff and instructors. Students must bring a mask to class. "Kwon's Exercise Masks" will be available for pick-up when they take the first of class from in front of Kwon's front door.
- Maintain a 6ft. social distancing.
- Sanitize hands before and after class.
- Bring your own water bottle.**
- No waiting after class. (Parents must pick up on time!)