



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: 03/01/2021

Kwon's	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Focus	Confidence	Respect	Cooperation	Leadership	Patience
Online (All Belts)	4:40pm – 5:10pm		4:40pm – 5:10pm			
Private Class						08:50am – 09:20am 12:10pm – 12:40pm
Little Tigers Ages 3 to 5	5:15pm – 5:40pm	4:50pm – 5:15pm	5:15pm – 5:40pm	4:50pm – 5:15pm		10:10am – 10:35am
White to Purple	5:45pm – 6:15pm	5:20pm – 5:50pm	5:45pm – 6:15pm	5:55pm – 6:25pm	4:50pm – 5:20pm	09:30am – 10:00am
Blue & up	6:20pm – 6:50pm	5:55pm – 6:25pm	6:20pm – 6:50pm	5:20pm – 5:50pm	5:30pm – 6:00pm	10:45am – 11:15pm
All Belts	6:55pm – 7:25pm	6:30pm – 7:00pm	6:55pm – 7:25pm	6:30pm – 7:00pm		
Black Belts		7:05pm – 7:25pm (Weapons)		7:05pm – 7:25pm (Weapons)		
Teen & Adult Age 12 & up	7:30pm – 8:00pm	7:30pm – 8:00pm	7:30pm – 8:00pm	7:30pm – 8:00pm		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.

1. Class attendance by appointments only.

2. Students with regular memberships may **sign-up for 1 – 2 classes a week.**

3. Temperature will be taken prior to entrance to the Dojang.

4. If you are feeling sick or have a temperature, stay home and rest. Students must be 24-hour fever free before returning to class.

5. 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.

6. Maintain a 6ft. social distancing.

7. Sanitize hands before and after class.

8. Bring your own water bottle.

9. No waiting after class. (Parents must pick up on time!)

10. Private class (Must reserve)