



ATTITUDE DETERMINES ACTION-ACTION DETERMINES RESULT

5524 VAN NUYS BLVD., SHERMAN OAKS, CA 91401

WWW.KMAONLINE.US

818-988-8358

GET
FIT



STAY
FIT



NEVER
QUIT

- Please arrive 5-10 Minutes Prior to class time
- Place shoes, backpacks and gear in cubbies
- Wear a complete and approved school uniform
- Remove all jewelry prior to attending class
- Come to class with level 10 energy and enthusiasm
- Always try your best
- Sparring gear is required. Bring gear to every class.
- No chewing gum or food in the Dojeng
- Notify instructor if you will be away for more than 5 days

Parents, friends please keep noise levels to a minimum while observing class.

Take one class per day. No double classes..

Please attend one sparring class and one forms class every week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Forms	Forms	Sparring	Sparring	Sparring	Forms/Sparring
	TKD Adult 9:45-10:30 + BBC 15 min		Thai Kickboxing 9:45-10:30		Thai Kickboxing 8:15-9:00
Instructor Training 12:00-1:30	Thai Kickboxing 10:45-11:30 + BBC 15 min		TKD Adult 10:30-11:15		TKD Adult 9:00-9:45
Lil'Champions 3:00-3:30				Sparring Gear required Fridays	TKD - All ages Red & Up 9:45-10:30
TKD Children White-Orange 3:30-4:15 + BBC 15 min	Lil'Champions 3:15-3:45	Champions 3:30-4:00	Lil'Champions 3:30-4:00	Champions 3:30-4:00	TKD Green & Blue 10:30-11:15 +BBC 15 min
Champions 4:30-5:00 + BBC 15 min	TKD Green & Up 3:45-4:30 + BBC 15 min	TKD Children White-Orange 4:00-4:45	Champions 4:00-4:30	TKD Children All Levels 4:00-4:45	TKD Children White-Orange 11:30-12:15
TKD Green & Up 5:15-6:00 + BBC 15 min	TKD Children White-Orange 4:45-5:30 + BBC 15 min	Lil'Champions 4:45-5:15	TKD Green & Up 4:30-5:15	TKD - All ages Red to Black Belt 4:45-5:30	Champions 12:15-12:45
TKD Adult 6:15-7:00 +BBC 15 min	Champions 5:45-6:15 + BBC 15 min	TKD Green & Blue 5:15-6:00	TKD Children White-Orange 5:15-6:00	BLACK BELTS 5:30-6:15	Lil'Champions 12:45-1:15
Thai Kickboxing 7:15-8:00 +BBC 15 min	Thai Kickboxing 6:30-7:15 + BBC 15 min	TKD - All ages Red to Black Belt 6:00-6:45	TKD Adult 6:00-6:45	BELT PROMOTION GRADING First Wednesday Of the month NO REGULAR CLASSES	
	TKD Adult 7:30-8:15 +BBC 15 min	BLACK BELTS 6:45-7:30	Thai Kickboxing 6:45-7:30		
		Thai Kickboxing 7:30-8:15			
		TKD Adult 8:15-9:00			

ALSO
AVAILABLE

Birthday
Parties

Private
Lessons

Effective Jan. 2, 2012