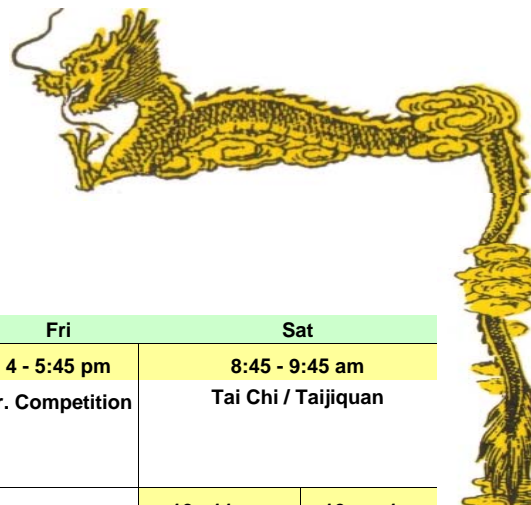




# Korean Martial Arts Center

(415) 333 - 1050

[www.koreanmartialarts.com](http://www.koreanmartialarts.com)



**PRIVATE LESSONS  
ARE AVAILABLE -  
INQUIRE WITH GRAND  
GRANDMASTER JUNG**

## Headquarters 2010-2011 schedule

Mon	Tue	Wed	Thu	Fri	Sat	
4 - 5:45 pm Jr. Competition <u>4:30pm-5:00pm</u> Open/Semi-Private	4 - 5 pm Children's TKD	4 - 5:45 pm Jr. Competition <u>4:30pm-5:00pm</u> Open/Semi-Private	4 - 5 pm Children's TKD	4 - 5:45 pm Jr. Competition	8:45 - 9:45 am Tai Chi / Taijiquan	
	5 - 6 pm Children's TKD Beg / Int Studio A		5 - 6 pm Children's TKD Beg / Int Studio A		10 - 11 am Children's TKD Workshop Main Floor	10 am-1 pm Weapons Training Studio B
	5 - 6 pm Children's TKD Intermediate Main Floor		5 - 6 pm Children's TKD Intermediate Main Floor		11am - 12 noon Olympic TKD Novice Main Floor	
5:45 - 7:30 pm TKD / HKD Class (all levels) Main Floor	6 - 6:45 pm TKD - Age 4 to 6 Main Floor & Studio A	5:45-7:30 pm TKD / HKD Class (all levels) Main Floor	6 - 6:45 pm TKD - Age 4 to 6 Main Floor & Studio A	5:45 - 7:30 pm TKD / HKD Class (all levels) Main Floor	12 noon - 1 pm Hapkido Workshop Main Floor	
	6:45pm-8:30pm Olympic TKD Competition		6:45pm-8:30pm Mixed Martial Arts Main Floor & (by invitation)		1 pm - 2 pm TDK Workshop Main Floor	
7:30 - 8:45 pm Weapons Training (by invitation)		7:30 - 8:45 pm Weapons Training (by invitation)		7:30 - 9 pm Advanced TKD Competition Training	2 pm - 4 pm Elite Competition (by invitation)	

**Students are expected to :**

- \*Leave your ego outside of the school
- \*Arrive 10 - 15 minutes prior to scheduled class
- \*Keep uniforms neat, clean and odor free
- \*Quietly prepare for class (Do Not disturb class in session)
- \*Always show respect to your instructors and fellow students
- \*Always be well mannered and behave properly and remind guests to do the same
- \*Attend class on a regular and consistent basis
- \*Show proper effort and good spirit in class
- \*Practice and exercise at home for better results
- \*Memorize and apply the student creed
- \*Develop and maintain a positive, well disciplined attitude

**For: MEN WOMEN CHILDREN**  
*Flexible-----Strong-----Humble*