



Lee Brothers Tae Kwon Do

Winners Never Quit, Quitters Never Win!

KICKING HOURS

Monday thru Friday 10am – 9pm Saturday 9am – 2pm

Head Instructor Master JungHo Lee

8604 Falls of Neuse Rd Raleigh, NC 27615 Phone (919) 846-1234 Fax 848-9798

Visit us: www.LeeBrothers.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
						9-10 ELITE 9:15-10 KB			
						10:15-11:00 Blue/Red BCD&Up			
	Ages 13 & up can also take advantage of noon class for ALL levels (Mon, Wed, Fri)					11:15-12:00 White Belts			
	12:00-12:45 All Belts 13 & Up Only		12:00-12:45 All Belts 13 & Up Only		12:00-12:45 All Belts 13&Up Only	12:15-1:00 Yellow & Green			
						1:00 – 2:00 Open Practice			
4:15 5:00	Yellow & Green	Blue & Red <i>BCD P3/P4</i>	Yellow & Green	Blue & Red <i>BCD P3/P4</i>		<i>After 2pm Ask About Our Exciting Birthday Party</i>			
5:15 6:00	White Belts	Yellow Green	White Belts	Yellow Green	BCD & Up				
6:15 7:00	YuDahnJah All Ages	BCD All Ages	Blue & Red <i>BCD P3/P4</i>	Yellow Green	BCD & Up 17 & Under		Blue&Red <i>BCD P3/P4</i>	Demo Team	Special Event Check our Calendar
7:15 8:00	KyoRooKi All Ages	Blue & Red <i>BCD P3/P4</i>	White Belts	STORM	Blue & Red <i>BCD P3/P4</i>	White Belts			
8:15 9:00	KB	Yellow Green	KB	BCD&Up All Ages	BCD & Up All Ages	KB	BCD & Up All Ages		

FOR BEST RESULTS

- For Best result attend 3 classes a week
- Color belts must attend minimum 2 sparring classes per belt promotion cycle
- Students should arrive 10 minutes before the start of each class
- Let the school know if you will be missing more than one week of classes
- Repeat all requirements as many times as possible
- Be generous with others and strict with yourself
- You are competing against yourself not against others
- If you have any problems or would like extra help do not hesitate to consult with an instructor
- Always have a goal, be committed to that goal and be consistent with your attendance and in effort.
- Apply the student commitment in everyday life.

KB (Aerobic Kick Boxing)

High impact class for non-TKD members

Demo Team/ELITE Sparring Team

Special practice for team members only

STORM

Leadership training class for instructors only

Kyo Roo Ki

Sparring class for all color belts
(Safety equipment required)

Yu Dahn Jah (Black Belt)

1st degree black belt and higher only

BCD

Bo Cho Dahn Belt

Open Practice

Review & workout on your own,
Instructor available by appointment

Introductory Lesson

For new members - held by appointment