



# 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

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Visit us: [www.LeeBrothers.com](http://www.LeeBrothers.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						9-10 ELITE   9:15-10 KB	
						10:15-11:00 Blue/Red   BCD&Up	
	<div style="border: 1px solid black; background-color: yellow; padding: 5px; display: inline-block;">           Ages 13 &amp; up can also take advantage of noon class for ALL levels (Mon, Wed, Fri)         </div>					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 BCD P3/P4	Yellow & Green	Blue & Red BCD P3/P4	BCD & Up	<i>After 2pm Ask About Our Exciting Birthday Party</i>	
5:15 6:00	White Belts	Yellow Green	White Belts	Yellow Green	Blue&Red BCD P3/P4   Demo Team		
6:15 7:00	YuDahnJah All Ages	BCD All Ages	Blue & Red BCD P3/P4	Yellow Green	BCD & Up 17 & Under	Blue&Red BCD P3/P4   Demo Team	White Belts
7:15 8:00	KyoRooKi All Ages	Blue & Red BCD P3/P4	White Belts	STORM	Blue & Red BCD P3/P4	White Belts	Yellow Green
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)

1<sup>st</sup> 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