






# 2018 Fall Class Schedule (Starting on 9/4)

Lee's Champion Taekwondo Academy



[www.leeschampion.com](http://www.leeschampion.com) 1067 Highway 96 West Shoreview, MN 55126 651-766-8083

Classes	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Tiny Tiger</b> (Age 3-4) Mommy or Daddy & Me class 	5:15 – 5:45 PM				
<b>Little Hwarang</b> (Age 5-6) 	5:45–6:15 PM	5:00–5:30 PM	5:45–6:15 PM	5:00–5:30 PM	
<b>Age 7 &amp; Up</b>	Monday <i>Poomse Self defense</i>	Tuesday <i>Poomse Breaking</i>	Wednesday <i>Poomse Self defense</i>	Thursday <i>Poomse Self Defense Breaking</i>	Friday
<b>No Belt &amp; White Belt</b>		5:30 – 6:15 PM	6:15 – 7:00 PM	6:15 – 7:00 PM	5:00-5:30 PM by appointment ONLY
<b>Beginner</b> ( Yellow / Orange / Green) Non BBC Color belt	6:15 – 7:00 PM	5:30 – 6:15 PM	6:15 – 7:00 PM 7:00 – 7:45PM (sparring)	6:15–7:00 PM	
<b>BBC</b> Beginner & Intermediate ( Yellow/Orange/ Green/Purple / Blue / Blue w/Brown stripe)	6:15–7:00 PM	5:30 – 6:15 PM	6:15 – 7:00PM	5:30–6:15PM (curriculum & weapon)	5:30 – 6:15 PM (Sparring drills)
	7 - 7:15 PM BBC FREE private lesson by appointment	6:15 – 6:45 PM Poomse review	7:00 – 7:45PM (sparring: full gear required)	6:15–7:00 PM	
<b>BBC Advanced</b> ( Brown / Red / Red w/Black stripe)	6:15 – 7:00PM	6:15 – 6:45 PM Poomse review	7:00 – 7:45PM (sparring)	5:30 – 6:15PM (curriculum & weapon)	5:30 – 6:15 PM (Sparring drills)
	7 - 7:15PM BBC FREE private lesson by appointment			7:00 – 7:45 PM (curriculum & weapon)	
	7:30–8:15PM				
<b>Black Belt</b>	7:30-8:15 PM	7:30 - 8:15 PM Poomse review	7:00 – 7:45PM (sparring)	7:00–7:45PM (curriculum & weapon)	5:30 – 6:15 PM (Sparring drills)
<b>Special classes</b>	Leadership Team 7 – 7:30 PM	Master's Club 6:45-7:30PM	Minimum of 2 sparring classes are required for the Green belt test & above for age 7 program 		<b>SWAT</b> 6:15–7:00 PM
<b>LCTA Uniform Policy</b> <ul style="list-style-type: none"> <li>Boys/Men: DO NOT wear anything under your uniform top</li> <li>Girls/Women: If you are a COLOR belt, you may wear white tank top. If you are a BLACK belt, you may wear a white or black tank top under your uniform</li> </ul>			<ul style="list-style-type: none"> <li>T-shirt are NOT allowed under your uniform</li> <li>Please bring your water bottle when you come to class.</li> <li>Students should notify the school if they cannot attend classes for a week or more.</li> </ul>		
<p align="center"><b>Year 2018</b></p> <p><b>Color &amp; Level Promotion Test:</b> 8/24, 10/19, 12/21</p> <p><b>Mankato Championship:</b> 10/20</p> <p><b>Black Belt Test:</b> 2/24, 6/16, 11/3</p> <p>***Dates subject to change with notice***</p>					