

Master Tony Kook's North Shore Taekwondo

www.northshoretakwondo.com

Passion

Purpose

Practice

Master Kook



- Award Winning Children's Programs
- Inspiring Goal Setting Youth Programs
- Great Beginner & Advanced Adult Programs
- Develop Self Discipline and Confidence
- Learn Self Defense & Have Fun!

Class Schedule Effective January 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Private Lessons By appointment	Adult Morning Class 9:30 – 10:30	Private Lessons By appointment	Adult Morning Class 9:30 – 10:30	Private Lessons By appointment	Make-Up Class Tigers/Dragons All Youth 9:00 – 9:45
Young Dragons Orange and Up 3:45 – 4:30	Young Tigers White-Yellow 3:45 – 4:30	Young Dragons Orange and Up 3:45 – 4:30	Young Tigers White-Yellow 3:45 – 4:30	Young Tigers Intro 4-6 yr olds 3:45 – 4:30	Young Tigers Intro 4-6 yr olds 9:45 – 10:30
Youth Intermediate Green - Red 4:30 – 5:20	Youth Beginner White – Orange 4:30 – 5:20	Youth Intermediate Green - Red 4:30 – 5:20	Youth Beginner White – Orange 4:30 – 5:20	Young Tigers Intro 4-6 yr olds 4:30 – 5:15	Young Tigers Intro 4-6 yr olds 10:30 – 11:15
Youth Beginner White – Orange 5:20-6:10	Youth Intermediate Green - Red 5:20-6:10	Youth Beginner White – Orange 5:20-6:10	Youth Intermediate Green - Red 5:20-6:10	Youth All Belts 5:15 – 6:05	Youth All Belts 11:15 – 12:00
Youth Advanced Brown - Black 6:10 – 7:00	Youth Advanced Brown - Black 6:10 – 7:00	Youth Advanced Brown - Black 6:10 – 7:00	Youth Advanced Brown - Black 6:10 – 7:00	Youth Advanced Brown - Black 6:10 – 7:00	Taekwondo Plus 12:00 – 12:50
Adult Advanced Brown - Black 7:00 – 8:00	Adult Beginner & Intermediates 7:00 – 8:00	Adult Advanced Brown - Black 7:00 – 8:00	Adult Beginner & Intermediates 7:00 – 8:00	Leadership Team Training 7:00 – 8:00	*Olympic* Sparring 1:00 – 2:00
Adult Beginner & Intermediates 8:00 – 9:00	Adult Advanced Brown - Black 8:00 – 9:00	Adult Beginner & Intermediates 8:00 – 9:00	Adult Advanced Brown - Black 8:00 – 9:00	Adult All Belts 8:00 – 9:00	Demo Team Training 2:00 – 3:00
	Brazilian Jiu Jitsu 9:00 – 10:00		Brazilian Jiu Jitsu 9:00 – 10:00		Special Events Please see newsletter



**Call for your free
Introductory Class!**

Young Tigers Intro: 4-6yr olds, introductory class
 Young Tigers Official: 5-7yrs, beginner class
 Young Dragons: 10 & under, advanced class
 Demo Team and Olympic Sparring: by sign up

Youth: Ages 7 - 13
 Adult: Ages 14+
 Gracie Barra Brazilian Jiu Jitsu: Ages 14+
 Leadership Team: by Invitation

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