





## Weekly Tae Kwon Do Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:45 - 5:30	<u>AFTER SCHOOL</u> TKD ONLY		<u>AFTER SCHOOL</u> TKD ONLY		
5:30 - 6:00	<u>BEGINNER</u> <b>White Belts</b> (Ages 5-12) <i>Forms</i>	<u>LIL NINJAS</u> (Ages 3-5)	<u>BEGINNER</u> <b>White Belts</b> (Ages 5-12) <i>Forms</i>	<u>LIL NINJAS</u> (Ages 3-5)	
6:00 - 7:00	<u>ADVANCED</u> <b>Blue - Black Belts</b> (Ages 5-12)  <i>Patterns, Forms, &amp; Technique</i>	<u>BEGINNER</u> <b>White - Yellow Belts</b> (Ages 5-12)  <i>Patterns, Forms, &amp; Technique</i>	<u>ADVANCED</u> <b>Blue - Black Belts</b> (Ages 5-12)  <i>Technique, Kick, &amp; Self Defense</i>	<u>BEGINNER</u> <b>White - Yellow Belts</b> (Ages 5-12)  <i>Technique, Kick, &amp; Self Defense</i>	<u>BLACK BELT</u> <b>Poom - Black Belts</b>
7:00 - 8:00	<u>ADULT / TEEN</u> <b>All Belts</b> (Ages 13 & Up)	<u>INTERMEDIATE</u> <b>Yellow - Blue Belts</b> (Ages 5-12)  <i>Technique, Kick, &amp; Self Defense</i>	<u>ADULT / TEEN</u> <b>All Belts</b> (Ages 13 & Up)	<u>INTERMEDIATE</u> <b>Yellow - Blue Belts</b> (Ages 5-12)  <i>Patterns, Forms, &amp; Technique</i>	<u>SPARRING</u> <b>Orange - Black Belts</b> (All Ages)
8:00 - 9:00		<u>ADULTS ONLY</u> <b>All Belts</b>		<u>ADULTS ONLY</u> <b>All Belts</b>	<i>Instructors:</i>  <i>Leb Kemp (Owner/Founder)</i>  <i>Ray Terris (Senior Instructor)</i>  <i>Joseph Ellis, Stephen Ellis</i> <i>Michael Bailey, &amp; Alyssa Cantu</i> <i>(Assistant Instructors)</i>

AMERICAN KIDS ATHLETICS 3211 N. Fry Rd. Katy, TX 77449 281-492-2411 email:lkemp@akasportscamp.com