



# TaeKwonDo

**Elite Martial Arts Training with Awesome Power and Artistic Grace!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM						
10:00 AM						
11:00 AM						
12:00 PM						
3:00 PM						
4:00 PM	<b>CDK1</b>	<b>CDK 1</b>		<b>CDK2</b>	<b>CDK1</b>	
5:00 PM	<b>CDK2</b>	<b>TKD2</b>		<b>CDK1</b>	<b>TKD3</b>	
6:00 PM	<b>TKD3</b>	<b>TKD1</b>		<b>TKD1</b>	<b>XF</b>	
7:00 PM	<b>TKD2</b>	<b>TKD3</b>		<b>TKD2</b>	<b>BB</b>	
8:00 PM						



## CHUNG DO KIDS

### **CDK1**

A class for 4-6 year old beginners. It is designed to be a stepping stone toward the traditional TKD classes. Students will Learn Traditional TKD at a slower pace but still be able to advance toward their black belt.

### **CDK2**

A class for 4-6 year old yellow with white stripes and up. It is designed to be a stepping stone toward the traditional TKD classes. Students will learn traditional TKD at a slower pace but still be able to advance toward their black belt.

*All CDK Classes Require*

*Two 45-minute classes = 1.5 hour class*

### **EXTREME FORMS (XF)**

A class for orange belts and up where they will learn the Chung Do extreme forms.

## TAE KWON DO

### **TKD 1**

A traditional TKD class for beginners (no experience to gold belt) who are children or adults (7 and up).

### **TKD 2**

A traditional TKD class for intermediate students (orange belt to purple belt) who are children or adults. (7 and up).

### **TKD 3**

A traditional TKD class for advanced students (blue belt to brown belt) to prepare them for black belt.

### **BLACKBELT (BB)**

A class for black belts or 1st Gups.

*TKD 1,2,3 Classes Require*

*Two 55-minute classes = 2 hour class*

IA's TKD is taught by Master Revis. Master Revis is a 4th degree black belt certified by the United States Chung Do Kwan Association and by the Kukkiwon in South Korea. He also has a bachelor's degree from Purdue University in health and wellness and has been certified as a personal trainer from the National Association of Sports Medicine.

Please call the Front Desk at 317-733-3000 ext. 0 for more information.