






EAGLE TAE KWON DO ACADEMY – 2016



www.EagleTKD.org

6960-V Bradlick Shopping Center, Annandale, VA 22003

Tel: (703) 333 - 5820

	MON	TUE	WED	THU	FRI	SAT
MIND	FOCUS	PATIENCE	LEADERSHIP	CONFIDENCE	ENTHUSIASM	COOPERATION
TECHNIQUES	CURRICULUM	SPARRING	CURRICULUM	TARGET/BREAKING	SPARRING	REVIEW/FITNESS
11:00 AM ~ 3:00 PM	 <ul style="list-style-type: none"> • Private Lesson by Appointment • After School Martial Arts Program 					10:00 – 10:40 Black Belt Only
4:00 ~ 4:30	After School	After School	After School	After School	After School	11:10 – 11:50 Junior Eagles All Belts
4:30 ~ 5:10	Tiny Eagles All Belts (Finish 5:00)	Junior Eagles Green & Up	Tiny Eagles All Belts (Finish 5:00)	Junior Eagles All Belts	Tiny Eagles All Belt (Finish 5:00)	12:00 – 1:00 Demo Team
5:10 ~ 5:50	Junior Eagles All Belts	Tiny Eagles Green & Up (Finish 5:40)	Junior Eagles All Belts	Tiny Eagles All Belts (Finish 5:40)	Junior Eagles Green & Up	Birthday Parties Available from 2 ~ 5 pm 
6:00 ~ 6:40	Beginners Only	Black Belt Only	Beginners Only	Black Belt Only	Beginners Only	
6:40 ~ 7:20	Black Belt Only	Intermediate Only	Demo Team	Intermediate only	Family All Belts	
7:20 ~ 8:00	Family All Belts	Family All Belts	Family All Belts	Family All Belts	Teens & Adults Black Belt	
8:10 ~ 9:00	Teens & Adult All Belts		Teens & Adults All Belts		Staff Meeting & Instructors Training	

Private lessons available by appointment.

Sparring equipment is mandatory (Green & Up) on Sparring days (Tue & Fri).

No classes on testing & belt ceremony days – see more information's on bulletin board.

Please review your student manual to become familiar with the belt requirements and the rules and regulations of the school.

Student should arrive at least ten minutes before class: immediately change into uniform and stretch quietly while waiting for class to begin.

Tiny Eagles: 3~5 years old (30 Min)
Beginners: White ~ Orange Belts
Intermediate: Green ~ Blue Belts
Advance: Brown ~ Hi-Red Belts
Black Belt: Semi-Black ~ Black