






JH KIM TAEKWONDO MALAYSIA

KOTA DAMANSARA CLASS SCHEDULE 2015

ABOUT OUR CLASSES

At JH Kim Taekwondo Institute, our classes are carefully designed to cater to the learning & training needs of our students.

Each Class is color - coded to represent a particular category of class that is age-, level- or program - specific:

-  Taekwon Tots: For Children between 3 to 5 years old
-  T-Kids: Recreational enrichment for children between the ages of 5 to 12. Classes are further sub - categorized by topic
-  T-Kids Light Sparring: Light sparring for children between 5 to 12 years old.
-  Adult & Teens: Martial arts classes for adults. With the approval of the head instructor, teens who are 15 and older may also participate in these classes.
-  Private Lessons: By appointment



Classes start on time. Please arrive 5 to 10 minutes ahead of your scheduled class, so that you will have time to change into your uniforms/gear and prepare for class.

Do remember to bring your uniform and belt. You will not be allowed to participate in class without these.

Children should sit quietly at his/her designated holding area while waiting for their class to start. Children under the age of 5 will be accompanied by an instructor while they wait for their class to start.

Latecomers disrupt the flow and conduct of class. If you are late for class, you will only be allowed to join in if the instructor is still conducting the warm-up exercises. Otherwise, you will need to wait till the water break to join the class.



	Monday *	Tuesday *	Wednesday *	Thursday	Friday		Saturday	Sunday
10:30	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	10:00	T-KIDS ALL LEVELS TOTS PROGRAM	T-KIDS ALL LEVELS TOTS PROGRAM
11:30	TAEGEUK FORMS	PRIVATE LESSONS	ALL LEVELS	PRIVATE LESSONS	ALL LEVELS	11:00	T-KIDS SPARRING SPARRING EQUIPMENT NEED IT	T-KIDS SPARRING SPARRING EQUIPMENT NEED IT
12:30	KICKBOXING	PRIVATE LESSONS	KICKBOXING	PRIVATE LESSONS	KICKBOXING	12:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS
3:00	TOTS PROGRAM	PRIVATE LESSONS	TOTS PROGRAM	PRIVATE LESSONS	TOTS PROGRAM	2:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS
4:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	3:00	T-KIDS SPARRING SPARRING EQUIPMENT NEEDED	T-KIDS SPARRING SPARRING EQUIPMENT NEEDED
5:00	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	TOTS PROGRAM	T-KIDS SPARRING SPARRING EQUIPMENT NEEDED	4:00	T-KIDS ALL LEVELS	TOTS PROGRAM
6:00	T-KIDS SPARRING SPARRING EQUIPMENT NEEDED	T-KIDS SPARRING SPARRING EQUIPMENT NEEDED	T-KIDS SPARRING SPARRING EQUIPMENT NEEDED	T-KIDS ALL LEVELS	T-KIDS ALL LEVELS	5:00	FAMILY TAEKWONDO TOTS PROGRAM	FAMILY TAEKWONDO ALL LEVELS
7:30	ALL LEVELS	TAEGEUK FORMS	ALL LEVELS	ALL LEVELS	ALL LEVELS			
8:30	TRADITIONAL FORMS	ALL LEVELS	ADULTS SPARRING	TRADITIONAL FORMS	STRENGTH & CONDITIONING			

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