



**KING  
TIGER™**  
TAE KWON DO

www.kingtigerbelmont.com  
1458 Perfection Ave.  
Belmont, NC 28012  
980-277-8405  
info.kingtiger@gmail.com

| Monday                      | Tuesday                      | Wednesday                                | Thursday                                 | Friday                                                                                                                                                       | Saturday       |
|-----------------------------|------------------------------|------------------------------------------|------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Shin Kickers<br>5:00 - 5:30 | Adv Beginners<br>5:00 - 5:35 | Shin Kickers<br>5:00 - 5:30              | OPEN<br>Drills for Skills<br>5:00 - 5:35 |                                                                                                                                                              | Birthday Party |
| Exit and Clean              | Exit and Clean               | Exit and Clean                           | Exit and Clean                           |                                                                                                                                                              |                |
| Beginners<br>5:45 - 6:20    | Intermediate<br>5:45 - 6:20  | OPEN<br>Drills for Skills<br>5:45 - 6:20 | OPEN<br>Sparring<br>5:45 - 6:20          |                                                                                                                                                              |                |
| Exit and Clean              | Exit and Clean               | Exit and Clean                           | Exit and Clean                           | * Be on time for class.<br>* Be dressed before class starts.<br>* Use the restroom <b>before or after</b> class.<br>* No food, drinks, or shoes on the mats. |                |
| Advanced<br>6:30 - 7:10     | Black Belts<br>6:30 - 7:10   | OPEN<br>Sparring<br>6:30 - 7:10          |                                          |                                                                                                                                                              |                |
| Exit and Clean              | Exit and Clean               | Exit and Clean                           |                                          |                                                                                                                                                              |                |

*King Tiger Belmont strongly suggests that before starting any exercise program you have a physical by a physician and discuss with him/her your exercise intentions.*

| Shin Kickers                                                                                                                                                                                     | Beginners                                                                                  | Adv Beginners                                                                                                               | Intermediate                                                                                                                                              | Advanced                                        | OPEN Drills for Skills                                                                                              | Open Sparring                                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| White Belt<br>White with Orange Stripe<br>White with Green Stripe<br>White with Blue Stripe<br>White with Purple Stripe<br>White with Red Stripe<br>White with Black Stripe<br><br>(Once a week) | White Belt<br>White with Red Stripe<br>White with Black Stripe<br>White with Yellow Stripe | White with Yellow Stripe<br>Yellow with White Stripe<br>Yellow Belt<br>Yellow with Black Stripe<br>Yellow with Green Stripe | Green with White Stripe<br>Green Belt<br>Green with Black Stripe<br>Green with Blue Stripe<br>Blue with White Stripe<br>Blue Belt<br>Blue with Red Stripe | Red Belt<br>Red with Black Stripe<br>Black Belt | Like sparring class without the contact! Students will work on footwork, kicking drills, strength and conditioning. | General students are invited to attend any or all Open Sparring sessions. |