



IL-DO taekwondo

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Basic - Children	Monday	Tuesday	Wednesday	Thursday	Saturday
(3 & 4 years) White, Orange, Yellow	3:30-4	5:05-5:35	3:30-4	5:05-5:35	9:30-10am
(5-12 years) White, Orange, Yellow	4:55-5:35	4:15-4:55 6:30-7:10	4:55-5:35	4:15-4:55 6:30-7:10	10:10-10:50am

BBC- Children	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yellow, Low & High Green	4:10-4:50	5:45-6:25 6:30-7:10	(S) 5:45-6:25	(S) 3:30-4:10 6:30-7:10	(W) 3:30-4:10	10:10 -10:50am
Purple thru Blue Stripe	4:10-4:50	5:45-6:25 7:15-7:55	(S) 5:45-6:25	(S) 3:30-4:10 (S) 7:15-7:55	(W) 3:30-4:10	11:00 -11:40am
Brown thru Red/Black	5:45-6:25	3:30-4:10 7:15-7:55	(S) 4:10-4:50	(S) 5:45-6:25 (S) 7:15-7:55	(W) 4:15-4:55	11:00 -11:40am
Red/Black - Test Prep					(P) 5-5:30	

Adults/Teens(12+)	Monday	Tuesday	Wednesday	Thursday	Saturday
White-High Green	(A) 7:15-7:55	6:30-7:10	(A) 7:15-7:55	6:30-7:10	(A) 11:45-12:25pm
Purple-Red Black	(A) 7:15-7:55	7:15-7:55	(A) 7:15-7:55	(S) 7:15-7:55	(A) 11:45-12:25pm

Black Belts	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st Degree	6:30-7:10	7:15-7:55	(S) 6:30-7:10	(S) 7:15-7:55	(W)(P) 5:35-6:15	11:45-12:25pm
2nd Degree	6:30-7:10	7:15-7:55	(S) 6:30-7:10	(S) 7:15-7:55	(W)(P) 6:20-7:00	11:45-12:25pm
3rd Degree	7:15-7:55	7:15-7:55	(S) 7:15-7:55	(S) 7:15-7:55	(W)(P) 6:20-7:00	11:45-12:25pm

***Black belts must bring their GEAR BAG to EVERY class.**

Family (5yrs+ - Adult)	Tuesday	Thursday
White-High Green	6:30-7:10pm	6:30-7:10pm
Purple-Red/Black	7:15-7:55pm	(S) 7:15-7:55pm

B.B.C = Black Belt Club
(S) = Sparring
(W) = Weapons
(P) = Test Prep
(A) = Adult/Teen 12+

When you arrive at the studio, please follow these steps.

- Please use the restroom before you enter the studio.
 - Students should have their uniform on and belt tied before they enter class.
 - All students must be accompanied by a parent when you check in at the front door.
 - Arrive 5 minutes before your class. If you are more than 5 min late you will not be allowed to attend class.
 - Students must have their face mask on before they enter the studio. Face masks must properly fit and cover their nose and mouth.
 - You will be dismissed in organized manner and your hands will be sanitized as you exit
- Parents, please pick up your child on time. Students will be dismissed outside and will not be allowed to wait inside the lobby.

Student Guidelines:

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| <ol style="list-style-type: none">1. Arrive 5 minutes prior to scheduled class.2. No watches or jewelry should be worn during training.3. Keep uniform clean & neat. Only school uniform or school t-shirt with uniform pants are allowed in class.4. Always show respect to instructors and students.5. Always show good manners and behave properly.6. Have fingernails cut and trimmed. | <ol style="list-style-type: none">7. Attend class <u>consistently each week</u>. Students who miss too many classes will not be eligible to test.8. Practice at home for better results.9. Make up classes must be taken within 1 month of the missed class10. Memorize & apply Student Creed11. Test Eligibility - Minimum of 13 classes & belt curriculum.12. Go to www.ILDOTKD.com and click “student login” for curriculum videos and school information. Use your Zen login to log in. |
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