IL-DO taekwondo

www.ildotkd.com ~ ildotkd@sbcglobal.net ~ (949)551-1800

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) (S)** 7:15-7:55	6:30-7:10	**(A)** 11:45-12:25pm
Purple-Black	**(A)** 7:15-7:55	7:15-7:55	**(A) (S)** 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	**No Class**	**(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	**No Class**	**(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+

Follow us @ildotaekwondo_irvine ~ 14220 Culver Dr. Ste.D, Irvine, CA 92604

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:

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.
7. Attend class consistently each week. 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 class
10. Memorize & apply Student Creed
11. **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.