

LEARN FROM THE BEST



MATTESON COMMUNITY CENTER

MARTIAL ARTS CLASS SCHEDULE

20642 MATTESON AVENUE MATTESON, IL 60443

www.woorimartialarts.com 847-361-1608

EFFECTIVE DATE : APRIL 29 2013

Monday	Tuesday	Wednesday	Thursday	Friday
4:00~4:30 PEEWEE (Age 4~6) CLASS	4:00~4:30 PEEWEE (Age 4~6) CLASS	4:00~4:30 PEEWEE (Age 4~6) CLASS	4:00~4:30 PEEWEE (Age 4~6) CLASS	
4:40~5:20 CHILD WHITE TO ORANGE	4:40~5:20 CHILD GREEN TO BLACK	4:40~5:20 CHILD WHITE TO ORANGE	4:40~5:20 CHILD GREEN TO BLACK	4:30~5:20 CHILD ALL BELT
5:30~6:10 CHILD GREEN TO BLACK	5:30~6:10 CHILD WHITE TO ORANGE	5:30~6:10 CHILD GREEN TO BLACK	5:30~6:10 CHILD SPARRING	5:30~6:30 DEMO TEAM
6:20~7:00 CHILD ALL BELT	6:20~7:00 CHILD ALL BELT	6:20~7:00 CHILD ALL BELT	6:20~7:00 CHILD ALL BELT	
7:00~7:40 ADULT HKD	7:00~7:30 PRIVATE CLASS	7:00~7:40 ADULT SPARRING	7:00~7:30 PRIVATE CLASS	7:00~7:50 ADULT TKD/HKD
7:50~8:30 ADULT TKD	7:40~8:30 ADULT TKD/ HKD	7:40~8:30 ADULT TKD/HKD	7:40~8:30 ADULT TKD/HKD	

SCHEDULE MAY BE EDITED TO MEET SPECIFIC NEEDS OF THE CLUB
MARTIAL ARTS PROGRAM - AGES 4 YEARS AND UP

TKD = TAE KWON DO

Tae Kwon Do is 60% kicking and 40% blocking and striking.

**This program does not just teach you and your children
 kicking and punching.**

WOORI'S belief is to teach Confidence....Discipline.... and Respect.

HKD = HAP KI DO

Hap Ki Do is available to all adults.

**This close contact martial art teaches arm and joint locks, pressure points,
 and submission self-defense techniques.**