

# LEARN FROM THE BEST



MATTESON COMMUNITY CENTER

## MARTIAL ARTS CLASS SCHEDULE

20642 MATTESON AVENUE MATTESON, IL 60443

[www.woorimartialarts.com](http://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.**