

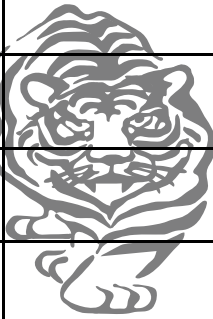


CLTC USA SCHEDULE

Building Bodies From The Inside Out!

"Start at October 3, 2011"

Little Tiger Class Beginners ages 3~6 & Jr. Beginners (White~Orange)
Basic Class Beginners ages 6~10 & Jr. Beginners (White~Orange)
Family Class Family work out all ages & levels. Members only.
All Belt Class all ages & levels. Members only.
Color Belt Class Green Belt to Black Belt.
Sparring Class Purple belt & higher. Safety gear required! (Mon, Friday) Saturday Class is extra Class (There will be a separate fee for this class.)
Advanced Class All ages, purple through black belts.
Demo Team Masters invitation only

Day	MONDAY	TUESDAY -NUNCHUK-	WEDNESDAY	THURSDAY -NUNCHUK-	FRIDAY	SATURDAY -NUNCHUK-
Time						
09:00 ~ 09:45	Regulation of the CLTC USA(Do-Jang) 1. Bow to the master upon entering and leaving the school. 2. Bow to the flags when entering or leaving the DoJang . 3. Ask permission from your master if you need to leave the Dojang once class Has started. 4. No jewelry, gum, or profanity is allowed in the DoJang . 5. Punctuality shows respect. Be on time and ready for class on time. If you arrive late, please wait at the entrance of the dojang on bended knee until you have permission to enter. 6. Stand at attention when being spoken to with "YES SIR!" or "YES MA'AM!" 7. When adjusting your uniform or belt, turn away from your master as a sign of respect. 8. While waiting for class to begin, practice your form and techniques, and do some stretches. 9. Senior belts are to set good examples of respect by helping the lower belts. 10. Lower belts are to show respect for the higher belts. 11. Keep your uniform neat and clean at all times.					Demo Team (9:00~9:55am)
10:00 ~ 10:45						All Belt Class
11:00 ~ 11:45						Family Class
12:00 ~12:45pm						Birth Day Party 12:30~2:30pm
01:00 ~ 01:45pm						Birth Day Party 2:45~4:45pm
04:05 ~ 04:50pm	Little Tiger Class (with Park district)	Little Tiger Class	Little Tiger Class (with Park district)	Little Tiger Class (Sparring Class)	Tournament Class Form/Breaking	
05:00 ~ 05:45pm	All Belt Class	Color Belt Class	All Belt Class	Color Belt Class	Sparring Team Class	
06:00 ~ 06:45pm	Tournament Class Form/Breaking	Basic Class Children/Adults	Family Class	Basic Class Children/Adults	Make Up Test (6:00~7:30pm)	
07:00 ~ 08:00pm	Adult Sparring Class	Family Class	Black Belt Class	Family Class		



Assistant Instructor
4:15 Soobin Lee Donnie Spaniol (Little Tiger Class)
 6:00 Ken Pollina

Sparring Assistant Instructor
Junior Trainer Instructor :
 Donnie Spaniol, Jason Ott
Adult Trainer Instructor :
 Grand Master Chang G. Lee

Kumdo Instructor
 Grand Master Chang G. Lee
Nunchuk Instructor
 Grand Master Chang G. Lee

Main Instructor
 Grand Master Chang G. Lee
 Instructor Ken Pollina
 Instructor Donnie Spaniol