

Master Tony Kook's North Shore Taekwondo

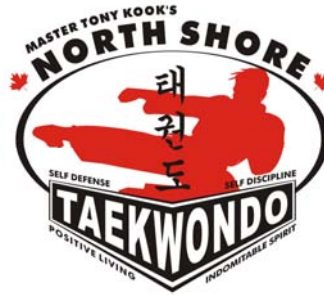
www.northshorettaekwondo.com

Passion

Purpose

Practice

Master Kook



- Award Winning Children's Programs
- Inspiring Goal Setting Youth Programs
- Great Beginner & Advanced Adult Programs
- Develop Self Discipline and Confidence
- Learn Self Defense
- Have Fun!



Class Schedule Effective May 2011

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|
| Private Lessons By appointment | Adults All belts 9:30 – 10:30 am | Private Lessons By appointment | Adults All belts 9:30 – 10:30 am | Private Lessons By appointment | Private Lessons By appointment |
| Young Dragons Orange and Up 3:45 – 4:30 | Young Tigers White-Yellow 3:45 – 4:30 | Young Dragons Orange and Up 3:45 – 4:30 | Young Tigers White-Yellow 3:45 – 4:30 | Young Tigers Intro 4-6 yr olds 3:30 – 4:15 | Young Tigers Intro 4-6 yr olds 9:30 – 10:15 |
| Youth Intermediate Green - Red 4:30 – 5:20 | Youth Beginner White - Orange 4:30 – 5:20 | Youth Intermediate Green - Red 4:30 – 5:20 | Youth Beginner White - Orange 4:30 – 5:20 | *Demo* Team 4:15 – 5:15 | Young Tigers Intro 4-6 yr olds 10:15-11:00 |
| Youth Beginner White - Orange 5:20-6:10 | Youth Intermediate Green - Red 5:20-6:10 | Youth Beginner White - Orange 5:20-6:10 | Youth Intermediate Green - Red 5:20-6:10 | Youth All Belts 5:15 – 6:05 | Children Youth Make Up Class 11:00 – 11:45 |
| Youth Advanced Brown - Black 6:10 – 7:00 | Youth Advanced Brown - Black 6:10 – 7:00 | Youth Advanced Brown - Black 6:10 – 7:00 | Youth Advanced Brown - Black 6:10 – 7:00 | Leadership Team Training 6:05 – 7:00 | Taekwondo Plus 11:45 – 12:45 |
| Adult Advanced Green - Black 7:00 – 8:00 | Adult Beginner White - Orange 7:00 – 8:00 | Adult Advanced Green - Black 7:00 – 8:00 | Adult Beginner White - Orange 7:00 – 8:00 | *Olympic* Sparring Teens / Adults 7:00 – 8:00 | *Olympic* Sparring Children / Youth 1:00 – 2:00 |
| Adult Beginner White - Orange 8:00 – 9:00 | Adult Advanced Green - Black 8:00 – 9:00 | Adult Beginner White - Orange 8:00 – 9:00 | Adult Advanced Green - Black 8:00 – 9:00 | Adult All Belts 8:00 – 9:00 | Special Events Please see newsletter |
| | Adult M.M.A (mixed martial arts) 9:00 – 10:00 | | Adult M.M.A (mixed martial arts) 9:00 – 10:00 | | |



Students may attend only those classes designed for their age and rank (ie. Senior belts cannot attend beginner classes and vice versa) unless permission has been given from one of the instructors

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| Young Tigers Intro 4-6yr olds Young Tigers: 5 & 6yrs, beginner class Young Dragons: 10 & under, advanced class | Youth: Ages 7 - 13 Adult: Ages 14+ Adult MMA: Ages 15+ | Master Tony Kook's North Shore Taekwondo 2900 Lonsdale Ave., North Vancouver, BC, Canada V7N4H9 Tel: 604-986-5558 Fax: 604-986-5277 |
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