

U.S. West Coast Taekwondo—Portland
9738 SE Washington St., Suite S
Portland, OR 97216

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Current Schedule
Effective March 14, 2011

PROGRAM	Ages 16 & Up	MON	TUE	WED	THUR	FRI	SAT
ADULT	ALL BELT	All Belts 11:00am ~ 11:50am	All Belts 11:00am ~ 11:50am	All Belts 11:00am ~ 11:50am	All Belts 11:00am ~ 11:50am	All Belts 11:00am ~ 11:50am	Private Lessons 10 ~ Noon <u>Make an Appointment</u> <u>At front desk</u> TAEKWONDO BIRTHDAY PARTIES AVAILABLE 12:30pm To 5:00pm
Pre-School	Ages 4—7	MON	TUE	WED	THUR	FRI	
<u>Tiny Tiger's</u> Assessment Level	ALL BELT		Tiny Tiger 4:45pm to 5:25 pm		Tiny Tiger 4:45pm to 5:25 pm		
Children	Ages 5—12	MON	TUE	WED	THUR	FRI	
BLACK BELT CLUB	Green & UP & White To Or..	White to Orange 4:00pm to 4:40pm	Green to Blue 4:00 pm to 4:40 pm	White to Orange 4:00pm to 4:40pm	Green to Blue 4:00 pm to 4:40 pm	Private Lessons 3:00pm ~ 3:50pm	
BLACK BELT CLUB	Green to Blue & Black Belt	Green to Blue 4:45pm to 5:25pm	Junior Black Belt 5:30 pm to 6:10pm	Green to Blue 4:45pm to 5:25pm	Junior Black Belt 5:30 pm to 6:10pm	Sparring: 7 & Under 4:00pm~ 4:40pm	
BLACK BELT CLUB & ASSESSMENT LEVEL	Red Belt & Up To Green to Blue	Red Belt & Up 5:30pm to 6:10pm	White to Orange 6:15pm to 6:55pm	Red Belt & Up 5:30pm to 6:10pm	White to Orange 6:15pm to 6:55pm	Sparring: 8 to 11 yrs 4:50pm ~ 5:30pm	
Family & Teens	Ages 12 & Up	MON	TUE	WED	THUR	FRI	
BLACK BELT CLUB & MASTER CLUB	Red to Poom & Green to Blue	Adult Green to Blue 6:15pm to 6:55pm	Green to Blue Jr... 7:00pm to 7:40pm	Adult Green to Blue 6:15pm to 6:55pm	Green to Blue Jr... 7:00pm to 7:40pm	Extreme/Elite Team 5:40pm ~ 6:20pm By invitation only!	
BLACK BELT CLUB & ASSESSMENT LEVEL	White to Oran. & Jr. Red to Poom	White to Orange 7:00pm to 7:40pm	Jr. Red to Poom 7:45pm to 8:25pm	White to Orange 7:00pm to 7:40pm	Jr. Red to Poom 7:45pm to 8:25pm	Sparring: 12 & Higher 12 yrs & Higher 6:30pm ~ 7:15pm	
BLACK BELT CLUB	Black Belt & Adult Red & Up	Black Belt Only 7:45pm to 8:25pm	Adult Blue & Up 8:30pm to 9:10pm	Black Belt Only 7:45pm to 8:25pm	Adult Blue & Up 8:30pm to 9:10pm	PTDT 7:30pm ~ 8:10pm	
BBLACK BELT CLUB	Blue to Poom	Red to Poom 8:30pm To 9:10 pm		Red to Poom 8:30pm To 9:10 pm			

*Please drop & pick up kids no more than 10 minutes before and after their class.

*Please have all your required patches on the uniforms.

*Wear proper uniform to each class. Black Belt Club students wear Blue Uniform and Master Club Students wear Black Uniforms.

Empowering Tomorrow's
....Leaders!