



218 Catocin Circle, SE
Leesburg, VA 20175



Facebook.com/johnchungtaekwondo

www.JohnChung.com

1.800.SIDE.KICK

Text: 703.709.5425



Est. 1984

Schedule of Classes — *Get a Good Workout, Learn Something, Have Fun*

Please email your weekly class schedule to SBN: JohnChungTaeKwonDo@gmail.com



Beginners

No Belt

White Belts

Stripe white Belts

Gold Belts

Intermediates

Orange Belts

Green Belts

Purple Belts

Blue Belts

Advance

Red Belts

Brown Belts

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
4:00 Zoom	4:00 Private	4:00 Zoom	4:00 Private	4:00 Zoom	10:15 Combinations Class
4:45 Bo Staff	4:45 Sparring	4:45 Private	4:45 Nunchucks/ Sword	4:45 Private	11:00 Self Defense Class
5:30 Beginner Class	5:30 Sparring	5:30 Beginner Class	5:30 Intermediate & Higher Class	5:30 Beginner Class	11:45 Forms Class
6:15 Intermediate & Higher Class	6:15 Sparring	6:15 All Levels Class	6:15 Advance Class	6:15 All Levels Class	12:15 Musical Forms Class
7:00 Bo Staff	7:00 Private	7:00 Advance Class	7:00 Nunchucks/ Sword	7:00 Tonfa/ Sai	1:00 Private

Please: Enter through front door and remove your shoes, spectators sit in front, students enter in full uniform and proceed to the back area to place your bag. Black Belts may attend all classes.

All classes (private, group, zoom) must be scheduled in advance with SahBumNim

