



U.S. World Class Taekwondo Hollywood Family Martial Arts Center

4200 NE Sandy Blvd. Portland, OR 97213
 Phone 503-284-7843 www.portlandtaekwondo.com
 f USWC Taekwondo Association - Hollywood

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Curriculum ⇨	•Hand Techniques •Forms (Poomsae) •Self Defense		•Kicking Techniques •Footwork		•Sparring
11:30 AM – 12:15 AM	All Belts Ages 7 & Up	Private Class by Appointment	All Belts Ages 7 & Up	Private Class by Appointment	<i>Private Class by Appointment</i>
3:30 PM – 4:00 PM	Tiny Tigers Ages 3 – 4	Tiny Tigers Beginners Ages 4 - 6	Tiny Tigers Ages 3 – 4	Tiny Tigers Beginners Ages 4 - 6	<i>Private Class by Appointment</i>
4:00 PM – 4:30 PM	Tiny Tigers Beginners Ages 4 - 6	Tiny Tigers Advanced Green Belt & Higher	Tiny Tigers Beginners Ages 4 – 6	Tiny Tigers Advanced Green Belt & Higher	All Belts Ages 6 & Under
4:30 PM – 5:10 PM	White to Yellow Stripe Ages 7 - 12	White Ages 7-12 Yellow to Yellow Stripe Ages 12 & Under	White to Yellow Stripe Ages 7 – 12	White Ages 7-12 Yellow to Yellow Stripe Ages 12 & Under	White to Green Stripe Ages 7 – 12
5:10 PM – 5:50 PM	Blue Stripe to Brown Ages 12 & Under	Green to Blue Belt Ages 12 & Under	Blue Stripe to Brown Ages 12 & Under	Green to Blue Belt Ages 12 & Under	Blue to Black Belt Ages 12 & Under
5:50 PM – 6:30 PM	Brown Stripe Belt to Black Belt Ages 12 & Under	Tiny Tigers Ages 4 – 6 All Belts Older Siblings Welcome	Brown Stripe Belt to Black Belt Ages 12 & Under	Tiny Tigers Ages 4 – 6 All Belts Older Siblings Welcome	Black Belt Club OPEN CLASS
6:30 PM – 7:20 PM	Family Class All Belts All Ages	Family Class All Belts All Ages	Family Class All Belts All Ages	Family Class All Belts All Ages	All Belts Ages 13 & Older
7:20 PM – 8:10 PM	Teens & Adults All Belts	Instructor Club All Black Belts only	Teens & Adults All Belts	Instructor Club All Black Belts only	<i>Instructor & Staff Meeting/Training</i>
8:10 PM – 9:00 PM	<i>Private Class by Appointment</i>	Private Class by Appointment	<i>Private Class by Appointment</i>	Private Class by Appointment	

SATURDAY		SUNDAY	
8:30 AM – 9:30 AM	Extreme Team Training <i>by Special Invitation</i>	11 AM – 11:45 AM	Mixed Curriculum All Belts Ages 3 & Up
9:30 AM – 10:15 AM	Brown Stripe Belts to Black Belts only	11:45 AM – 12:30 PM	SPECIAL CLASS by Appointment
10:15 – 11:00 AM	Sparring All Belts Ages 3 & Up	<i>When Special Events are scheduled on SATURDAY OR SUNDAY there MAY NOT be class. Please check the Front Desk & Notice Board.</i>	
11:00 AM – 11:45 AM	Mixed Curriculum All Belts Ages 3 & Up		

NOTE:
 REGULAR MEMBERS
 are entitled to
**2 Regular Classes & 1
 Sparring Class per Week**
 WEEKEND MEMBERS
 are entitled to **1 Class per
 Weekend**
 BLACK BELT CLUB MEMBERS
 are entitled to
**UNLIMITED Classes per
 Week**

OFFICE HOURS

Monday—Thursday: 10 AM to 8 PM
 Friday: 10 AM to 7:30 PM
 Saturday: 9 AM to Noon
 Sunday: 11 AM to 12:30 PM

