



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

CLASS SCHEDULE

UPDATED SEPTEMBER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Curriculum ↷	• Hand Techniques • Forms (Poomsae) • Self Defense		• Kicking Techniques • Footwork • Sparring		Mixed Curriculum
3:30 PM – 4:00 PM	Tiny Tigers Ages 3 – 4	Tiny Tigers Ages 4 – 6 All Belts <i>Older Siblings Welcome</i>	Tiny Tigers Ages 3 – 4	Tiny Tigers Ages 4 – 6 All Belts <i>Older Siblings Welcome</i>	<i>Private Class by Appointment</i>
4:00 PM – 4:30 PM	Tiny Tigers Beginners Ages 4 – 6 <i>Older Siblings Welcome</i>	Tiny Tigers Advanced Green Belt & Higher	Tiny Tigers Beginners Ages 4 – 6 <i>Older Siblings Welcome</i>	Tiny Tigers Advanced Green Belt & Higher	Tiny Tigers Ages 6 & Under <i>Older Siblings Welcome</i>
4:30 PM – 5:10 PM	White Beginners Ages 7-13	Tiny Tigers Red Belt & Yellow to Yellow- Stripe Ages 13 & Under	White Beginners Ages 7-13	Tiny Tigers Red Belt & Yellow to Yellow- Stripe Ages 13 & Under	Tiny Tigers Red & White to Yellow-Stripe Ages 7 & Up
5:10 PM – 5:50 PM	Blue-Stripe, Red, Red-Stripe, Brown Belt Ages 13 & Under	Green, Green- Stripe, Blue Ages 13 & Under	Blue-Stripe, Red, Red-Stripe, Brown Belt Ages 13 & Under	Green, Green- Stripe, Blue Ages 13 & Under	Family Class All Belts All Ages
5:50 PM – 6:30 PM	Brown-Stripe, Poom, Black Belt All Ages	Tiny Tigers Ages 4-6 All Belts <i>Older Siblings Welcome</i>	Brown-Stripe, Poom, Black Belt All Ages	Tiny Tigers Ages 4-6 All Belts <i>Older Siblings Welcome</i>	Black Belt Class All Ages
6:30 PM – 7:15 PM	Family Class Beginners White to Green- Stripe Belt All Ages	Family Class Blue & Higher All Ages	Family Class Beginners White to Green- Stripe Belt All Ages	Family Class Blue & Higher All Ages	<i>Private Class by Appointment</i>
7:15 PM – 8:00 PM	Teens & Adults All Belts	Instructor Club All Black & Poom only	Teens & Adults All Belts	Instructor Club All Black & Poom only	
8:00 PM – 8:45 PM	<i>Private Class by Appointment</i>	<i>Private Class by Appointment</i>	<i>Private Class by Appointment</i>	<i>Private Class by Appointment</i>	

	SATURDAY	SUNDAY
	Mixed Curriculum: • Hand & Kicking Techniques	Mixed Curriculum: • Kicking Techniques
9:30 AM – 10:15 AM	Brown-Stripe Belt & Higher and Black Belt Club Member	<i>Private Class by Appointment</i>
10:15 AM – 11:00 AM	Tiny Tigers Ages 6 & Under <i>Older Siblings Welcome</i>	Tiny Tigers Ages 6 & Under <i>Older Siblings Welcome</i>
11:00 AM – 11:45 AM	All Belts All Ages <i>(Split Class with both Regular & Sparring Instruction)</i>	All Belts All Ages
<i>When Special Events are scheduled on SATURDAY OR SUNDAY there MAY NOT be classes. Please check the Front Desk & Notice Board.</i>		

NOTE:
 REGULAR MEMBERS are entitled to 2 Classes per Week
 BLACK BELT CLUB MEMBERS are entitled to 3 Classes per Week

OFFICE HOURS
 Monday—Thursday: 2 PM to 8 PM
 Friday: 3 PM to 6:30 PM
 Saturday: 9:30 AM to Noon
 Sunday: 9:30 AM to Noon