



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
NOON – 12:45 PM	All Belts Ages 7 & Up	Private Class by Appointment	All Belts Ages 7 & Up	Private Class by Appointment	<i>Private Class by Appointment</i>
These classes available during the school year: September 1 -- June 15 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 Ages 7-12 Yellow to Yellow Stripe Ages 12 & Under	White Ages 7-12 Yellow to Yellow Stripe Ages 12 & Under	White Ages 7-12 Yellow to Yellow Stripe Ages 12 & Under	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	Family Sparring Class All Belts All Ages
6:30 PM – 7:15 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	Black Belt Club Members OPEN CLASS
7:15 PM – 8:00 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>
8:00 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	
		These classes available during the school year: September 1 -- June 15	
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	When Special Events are scheduled on SATURDAY OR SUNDAY there MAY NOT be class. Please check the Front Desk & Notice Board.	
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: 11 AM to 8 PM

Friday: 11 AM to 6:30 PM

Saturday: 9:30 AM to Noon

September 1 - June 15 Sunday: 11 AM to 12:30 PM

Want a Memorable Birthday ...
 How about a **TKD BIRTHDAY PARTY?!**
 Check at the front desk for more information