



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

4200 NE Sandy Blvd. Portland, OR 97213  
Phone 503-284-7843 [www.portlandtaekwondo.com](http://www.portlandtaekwondo.com)

USWC Taekwondo Association - Hollywood

## CLASS SCHEDULE

UPDATED JANUARY 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Curriculum	<ul style="list-style-type: none"> <li>• Hand Techniques</li> <li>• Forms (Poomsae) • Self Defense</li> </ul>		<ul style="list-style-type: none"> <li>• Kicking Techniques</li> <li>• Footwork</li> </ul>		Mixed Curriculum
3:30 PM – 4:00 PM	Tiny Tigers Ages 3 – 4	<b>Tiny Tigers Ages 4 – 6 All Belts</b> <i>Older Siblings Welcome</i>	Tiny Tigers Ages 3 – 4	<b>Tiny Tigers Ages 4 – 6 All Belts</b> <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>	<b>Tiny Tigers Advanced Green Belt &amp; Higher</b>	Tiny Tigers Beginners Ages 4 – 6 <i>Older Siblings Welcome</i>	<b>Tiny Tigers Advanced Green Belt &amp; Higher</b>	Tiny Tigers Ages 6 & Under <i>Older Siblings Welcome</i>
4:30 PM – 5:10 PM	White Beginners Ages 7-13	<b>Tiny Tigers Red Belt &amp; Yellow to Yellow- Stripe Ages 13 &amp; Under</b>	White Beginners Ages 7-13	<b>Tiny Tigers Red Belt &amp; Yellow to Yellow- Stripe Ages 13 &amp; Under</b>	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	<b>Green, Green- Stripe, Blue Ages 13 &amp; Under</b>	Blue-Stripe, Red, Red-Stripe, Brown Belt Ages 13 & Under	<b>Green, Green- Stripe, Blue Ages 13 &amp; Under</b>	Family Class All Belts All Ages
5:50 PM – 6:30 PM	Brown-Stripe, Poom, Black Belt All Ages	<b>Tiny Tigers Ages 4-6 All Belts</b> <i>Older Siblings Welcome</i>	Brown-Stripe, Poom, Black Belt All Ages	<b>Tiny Tigers Ages 4-6 All Belts</b> <i>Older Siblings Welcome</i>	<b>SPARRING</b> All Belts All Ages
6:30 PM – 7:15 PM	Family Class Beginners White to Green- Stripe Belt All Ages	<b>Family Class Blue &amp; Higher All Ages</b>	Family Class Beginners White to Green- Stripe Belt All Ages	<b>Family Class Blue &amp; Higher All Ages</b>	<i>Private Class by Appointment</i>
7:15 PM – 8:00 PM	Teens & Adults All Belts	<b>Instructor Club All Black &amp; Poom only</b>	Teens & Adults All Belts	<b>Instructor Club All Black &amp; Poom only</b>	
8:00 PM – 8:45 PM	<i>Private Class by Appointment</i>	<b><i>Private Class by Appointment</i></b>	<i>Private Class by Appointment</i>	<b><i>Private Class by Appointment</i></b>	

	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	<b>SPARRING</b> All Belts All Ages
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	All Belts All Ages

*When Special Events are scheduled on SATURDAY OR SUNDAY there MAY NOT be classes.  
Please check the Front Desk & Notice Board.*

**NOTE:**

**REGULAR MEMBERS are**  
**entitled to 2 Classes per Week**  
**+ Sparring Class**

**BLACK BELT CLUB MEMBERS are**

**OFFICE HOURS**

**Monday—Thursday: 2:30 PM to 8 PM**

**Friday: 3 PM to 6:30 PM**

**Saturday: 9:30 AM to Noon**

**Sunday: 9:30 AM to Noon**

**entitled to 3 Classes per Week**  
**+ Sparring Class**