



Tiger Kim's World Class Tae Kwon Do Centers

2822 Reynolda. * Winston-Salem, NC * 722-5115

www.tigerkimstk.com

Class Schedules

Children / Adults / Families

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (am)
White Belt Kids		5:10 – 5:50	5:00 – 5:40		3:50 – 4:30	Family Class
Yellow Belt Kids		4:30 – 5:10		3:50 – 4:30	5:10 – 5:50	Family Class
Green Belt Kids	3:50 – 4:30		5:40 – 6:20	5:40 – 6:20		Family Class
Blue Belt Kids		5:50 – 6:30	3:50 – 4:30		4:30 – 5:10	Family Class
Red Belt Kids	5:50 – 6:30	3:50 – 4:30		5:00 – 5:40		Family Class
Double Black Belt	Participate In Any Blue or Red Belt Classes				7:30 – 8:20	Family Class
Kids Sparring (Green Belt & High)	Must Have Your Own Full Safety Gear				5:50 – 6:40	
ADULTS						
All Adults (Afternoon)	12:00-12:50		12:00-12:50		12:00-12:50	Family Class
All Adults (Evening)	8:10 – 9:00	8:10 – 9:00	8:00 – 8:50	8:00 – 8:50		Family Class
Adult Sparring (Green Belt & High)	Must Have Your Own Full Safety Gear					12:10 – 1:30
FAMILY						
Low Belt & Family (White belt – Blue Stripe)	6:30 – 7:20	6:30 – 7:20			6:40 – 7:10	10:30 – 11:20
High Belt & Family (Blue belt - High)	7:20 – 8:10		6:20 – 7:10	7:10 – 8:00		11:20 – 12:10
ALL BLACK BELTS						
Kids	4:30 – 5:20		7:10 – 8:00	6:20 – 7:10	Participate Color Belt Classes	
Adults (14&Up)		7:20 – 8:10	Participate in Any Black Belt or Adult Class			
2 nd Degree	Participate in Any Black Belt or Adult Class				8:20 – 9:10	

Little Tigers Program (ages 4 and 5)

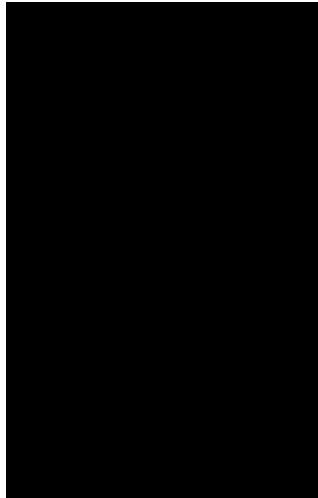
Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Belts	5:20 – 5:50		4:30 – 5:00	4:30 – 5:00		10:00 – 10:30



*If you are enjoying your classes, please tell a friend!
We appreciate your referrals.*

See Back for Additional Services

Additional Services available at Tiger Kim's Tae Kwon Do:



As part of our ongoing commitment to our local community, World Class Tae Kwon Do offers a women's self-defense seminar several times throughout the year. This seminar is open to the public and free with a \$10 donation to the -----.

Check with an instructor for the next session's date and time. This course fills up quickly, so please register yourself and any friends or family members right away.

Self Defense 101 is also available as a seminar for local businesses and their employees. Ask for details at the front desk.




*'Treat your child to a **Birthday Party** they'll never forget!*

Unique, fun filled, and action packed!
No prior martial arts experience is required to participate...so everyone 4 & up will be able to join in.

Ask an instructor today for more information!
You Supply the Kids, We Supply the Fun!

TRY A MONTH OF TAE KWON DO FREE!



Tae Kwon Do

Name _____

Sponsor _____

Pick up at the front desk today!

VIP GUEST PASSES

Enjoy Tae Kwon Do even more! Invite a friend or family member to try Tae Kwon Do for free!

Our VIP Guest Pass includes 1 month of lessons and a free uniform. It's the perfect way to try Tae Kwon Do.

Pick up a Guest Pass at the front desk today!



**Tae Kwon Do
demonstration Te**



*Do you have an upcoming special event
at your work or school?*

Ask an instructor about having our **demonstration team** perform at your next fundraiser, health fair, or other event.

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