

Shin Rho's Tae Kwon Do - Martial Arts USA

6226 E Pacific Coast Highway, Long Beach CA 90803 USA, (562) 498-8855

www.ShinRhoTAEKWONDO.com


LONG BEACH - Effective April 26, 2010

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30a-12:30p Adults		All Belts		All Belts		Adults All Belts 10:30-11:30a
3:30-4:00p Children	Little Dragons (3-4 yrs)	Little Tigers (5 yrs)	Little Dragons (3-4 yrs)	Little Tigers (5 yrs)		Instructors 10:30-11:30a 2nd Saturday
4:00-4:45p Children	Beginners	Orange & Up	Beginners	Orange & Up	Orange-Black Sparring	Children All Belts 11:30a-12:15p
4:45-5:30p Children	Orange & Up	Blue & Up	All Belts Sparring	Blue & Up	Beginners	Birthday Party 1:00-2:30p
5:30-6:15p Children	Blue & Up	Beginners	All Belts No Sparring	Beginners	Orange & Up	Birthday Party 3:00-4:30p
6:15-7:00p Children	Black Belt Children	Black Belt Club	Black Belt Children	Leadership	Family Class All Belts	
7:00-8:00p Adults	Cardio Kickboxing	All Belts	Cardio Kickboxing	All Belts	Black Belt Children	

Your Goal is Black Belt!



Notes

- Jr. Black Belt  Children are assigned to a specific color belt class for review
- Please speak to the Masters or Instructors to find the best time and schedule for you
- Black Belt Club classes are for students that specifically enrolled in the BBC
- If you know ahead of time that you will miss several classes, please let the Masters know
- If you need to make up a class, please call or visit the studio office
- Uniforms, sparring equipment, patches and practice weapons are available for sale

Shin Rho's Stripe System

- **Blue Stripe:** 1-Step Sparring
- **Green Stripe:** Memorization of Form
- **Yellow Stripe:** Memorization of 10 Basic Motions
- **Brown Stripe:** Sparring Techniques
- **Purple Stripe:** Breaking Technique
- **Red Stripe:** Ready to test

Special

Free Introductory Class

Contact us today at (562) 498-8855

*** Birthday Parties welcomed on Saturdays ***
 Speak to Master Rho for more details

Shin Rho's Tae Kwon Do - Martial Arts USA

6226 E Pacific Coast Highway, Long Beach CA 90803 USA, (562) 498-8855

www.ShinRhoTAEKWONDO.com

LONG BEACH - Effective April 26, 2010

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:30a-12:30p Adults	--	All Belts	--	All Belts	--	Adults All Belts 10:30-11:30a
3:30-4:00p Children	Little Dragons (3-4 yrs)	Little Tigers (5 yrs)	Little Dragons (3-4 yrs)	Little Tigers (5 yrs)	--	Instructors 10:30-11:30a 2nd Saturday
4:00-4:45p Children	Beginners	Orange & Up	Beginners	Orange & Up	Orange-Black Sparring	Children All Belts 11:30a-12:15p
4:45-5:30p Children	Orange & Up	Blue & Up	All Belts Sparring	Blue & Up	Beginners	Birthday Party 1:00-2:30p
5:30-6:15p Children	Blue & Up	Beginners	All Belts No Sparring	Beginners	Orange & Up	Birthday Party 3:00-4:30p
6:15-7:00p Children	Black Belt Children	Black Belt Club	Black Belt Children	Leadership	Family Class All Belts	
7:00-8:00p Adults	Cardio Kickboxing	All Belts	Cardio Kickboxing	All Belts	Black Belt Children	

Your Goal is Black Belt!

White, Yellow Orange, Purple, Green Blue, Brown, Red Jr. Black, Black

Beginners

Orange & Up

Blue & Up

Notes

- Jr. Black Belt Children are assigned to a specific color belt class for review
- Please speak to the Masters or Instructors to find the best time and schedule for you
- Black Belt Club classes are for students that specifically enrolled in the BBC
- If you know ahead of time that you will miss several classes, please let the Masters know
- If you need to make up a class, please call or visit the studio office
- Uniforms, sparring equipment, patches and practice weapons are available for sale

Shin Rho's Stripe System

- **Blue Stripe:** 1-Step Sparring
- **Green Stripe:** Memorization of Form
- **Yellow Stripe:** Memorization of 10 Basic Motions
- **Brown Stripe:** Sparring Techniques
- **Purple Stripe:** Breaking Technique
- **Red Stripe:** Ready to test

Special

Free Introductory Class

Contact us today at (562) 498-8855

*** Birthday Parties welcomed on Saturdays ***
Speak to Master Rho for more details