

# DE JESUS TAE KWON DO SCHOOL



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1. Students MUST come 10 minutes before class.
2. Students must check attendance card.
3. Students must not wear jewelry or chew gum.
4. Students must respect instructors at all times.
5. Everyone should remove his or her shoes in the Do-jang
6. Always bow when entering and leaving the Do-jang.
7. Students must bring safety equipment during the exam and sparring class.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 PM TO 5:50PM	CLOSED	Olympic Sparring Cardio Pad Drills	WTF Forms One Step Cardio Runing Drills	Olympic Sparring Pad Drills Shield Drills	WTF Forms One Step Self Defense Drills	Private Lessons Weapons Hapkido Taekwondo	SEE ACTIVITY SHEET FOR INFO ON SAT. DATE AND EVENT
6:00 PM TO 6:50PM	CLOSED	<b>WTF Forms</b>	Tae-Bo Cardio Kickboxing	<b>WTF Forms</b>	<b>Weapons Shanai Sword</b>	Tournament TeamChangHon <b>WTF/ITF</b>	
7:00PM TO 7:50PM	CLOSED	Olympic Sparring Shield Drills Cardio Drills	<b>Grappling Tapout Hapkido</b>	Olympic Sparring Target Drills Combo Drills	<b>Grappling Tapout Hapkido</b>	Tournament TEAM OLYMPIC	
8:00PM TO 9:00PM	CLOSED		Adult Taekwondo		Adult Self Defense		

**BUILD,IMPROVE,DEVELOP**

**\*POSITIVE HABITS**

**\*SELF-DEFENSE**

**\*SELF-DICIPLINE**

**\*SELF-CONFIDENCE**

**CHIEF INSTRUCTOR**

**MASTER DE JESUS**

**6th DAN BLACK BELT**

**KUKKIWON CERTIFIED**

**SPECIAL PRIVATE**

**Lessons Available**

**INSTRUCTORS**

**MR.FLORES 4th DAN**

**MR.LEWIS 3rd DAN**

**MR.CASSON 1st DAN**

**MR.RUSSELL 1st DAN**

**HOME OF TEAM OLYMPIC**

**HOME OF TEAM CH'ANG-HON**

**\*SELF ESTEEM**

**\*CONCENTRATION**

**\*WEIGHT CONTROL**

**\*TRAINING FOR COMPETITION**

**HEAD INSTRUCTOR**

**MASTER CAIRNS**

**5th DAN BLACK BELT**

**KUKKIWON CERTIFIED**









