

# Master Huy Phan's Tri-City Taekwondo

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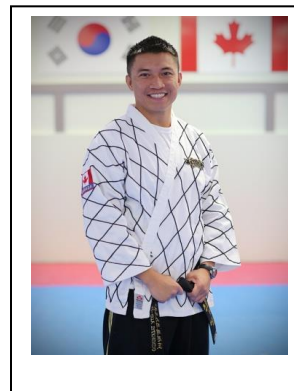
www.tricitytkd.com



**"Take It  
to Another Level!"**

**Master Phan**

- Award Winning Children's Programs
- Inspiring Goal-Setting Youth Programs
- Great Beginner & Advanced Adult Programs
- Develop Self-Discipline and Confidence
- Learn Self-Defense and Build Self-Respect
- Build Friendships and Enhance Teamwork Skills
- Strengthen Mind and Body
- Have Fun!



## Class Schedule

Effective: October 31<sup>st</sup>, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Tigers</b> Beginners 3:45 – 4:30	<b>Dragons</b> Intermediate 3:45 – 4:30	<b>Tigers</b> Beginners 3:45 – 4:30	<b>Dragons</b> Intermediate 3:45 – 4:30	<b>Leadership Team</b> 3:45 – 4:35	<b>Kids/Youth BJJ</b> Kids 12 & under 10:10 – 11:10
<b>Youth Beginner</b> White – Orange 4:30 – 5:20	<b>Youth Intermediate</b> Green – Purple 4:30 – 5:20	<b>Youth Beginner</b> White – Orange 4:30 – 5:20	<b>Youth Intermediate</b> Green – Purple 4:30 – 5:20	<b>Intro Tiger</b> 4:35 – 5:20	<b>Makeup class</b> 11:10 – 12:00
<b>Youth Intermediate</b> Green – Purple 5:20 – 6:10	<b>Youth Beginner</b> White – Orange 5:20 – 6:10	<b>Youth Intermediate</b> Green – Purple 5:20 – 6:10	<b>Youth Beginner</b> White – Orange 5:20 – 6:10	<b>Youth Class</b> All Belts 5:20 – 6:10	<b>Intro Tiger</b> 12:00 – 12:45
<b>Youth Advanced</b> Red - Black 6:10 – 7:00	<b>Youth Advanced</b> Red - Black 6:10 – 7:00	<b>Youth Advanced</b> Red - Black 6:10 – 7:00	<b>Youth Advanced</b> Red - Black 6:10 – 7:00	<b>Olympic Sparring</b> 6:10 - 7:15	<b>Intro Tiger</b> 12:45– 1:30
<b>Adult</b> All Belts 7:00 – 8:00	<b>Adult</b> All Belts 7:00 – 8:00	<b>Adult</b> All Belts 7:00 – 8:00	<b>Adult</b> All Belts 7:00 – 8:00	<b>Adult</b> All Adults 7:15 – 8:15	<b>Demo Team</b> 1:30-2:30
<b>Private class</b>	<b>Private class</b>	<b>Private class</b>	<b>Krav Maga</b> 8:00-9:00	<b>Private class</b>	<b>Special Events</b> /Birthday Parties Please see Newsletter

\* Students may attend only those classes designed for their age and rank (i.e. senior belts cannot attend beginner classes and vice versa) unless permission has been given by one of the instructors.



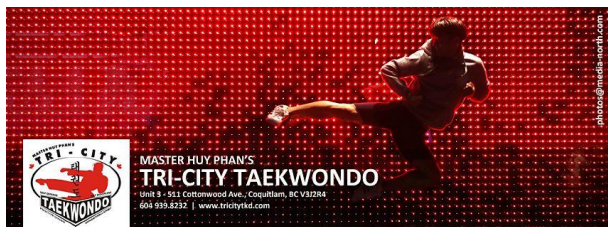
**Youth Brazilian Jiu-Jitsu**  
Professor Vieng



**Master Huy Phan**



**New to Martial Arts? Call us to book your free introductory lesson!**



### Training 2x week:

- Tigers: Beginner, ages 4.5 – 6
- Dragons: Intermediate, 10 and under
- Youth: ages 7 – 13
- Adult: 14 years and over
- Leadership: By invitation.

### Training 1x week:

- Krav Maga: 14 years and over
- Youth Brazilian Jiu-Jitsu: all levels, ages 13 and under
- Olympic Sparring: By sign up
- Demo Team: By sign up
- Leadership: By invitation



Tri-City Taekwondo believes in enhancing our community through personal development of each of our students. Our school provides a supportive and energetic environment in which our students can grow mentally and physically. We inspire personal excellence, both within and outside of the Martial Arts School.