

Champion Tae Kwon Do Academy Seminole

Grand Master Yong Jun Lee, Director

(727) 399-2999

Class Schedule

Effective Aug. 1, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Morning Class All Belt Level 10:00-10:45am		Morning Class All Belt Level 10:00-10:45am		8:45-9:45am 1st & 3rd —Instructor Training 2nd —Jr. Instructor Class 4th & 5th —Black Belt Candidate Class
					All Belt Level 10:00-10:45
Intermediate 3:45-4:30 Green, Purple, Jr. Blue, Sr. Blue	Beginner 3:45-4:15 White, Yellow, Orange	Intermediate 3:45-4:30 Green, Purple, Jr. Blue, Sr. Blue	Beginner 3:45-4:15 White, Yellow, Orange	Nunchucks (1 st /3 rd) Sparring (2 nd /4 th) 3:45-4:30 Green and up	AP Poomse <i>By Invitation Only</i> 11:00-11:45
Beginner 4:30-5:00 White, Yellow, Orange	Advanced 4:15-5:00 Jr. Brown – Bo-Black	Beginner 4:30-5:00 White, Yellow, Orange	Advanced 4:15-5:00 Jr. Brown – Bo-Black	Beginner 4:30-5:00 White, Yellow, Orange	AP Sparring 12:00-1:30pm
Black Belt 5:00-5:45 Bo-staff	Intermediate 5:00-5:45 Green, Purple, Jr. Blue, Sr. Blue	Black Belt 5:00-5:45	Intermediate 5:00-5:45 Green, Purple, Jr. Blue, Sr. Blue	Nunchucks (1 st /3 rd) Sparring (2 nd /4 th) Green and up 5:00-5:45	NOTE: White, Yellow, Orange belts need 16 classes before testing
Intermediate/Advanced 5:45-6:30 Green – Bo-Black	Beginner 5:45-6:30 White, Yellow, Orange	Intermediate/Advanced 5:45-6:30 Green – Bo-Black	Beginner 5:45-6:30 White, Yellow, Orange	Nunchucks (1 st /3 rd) Sparring (2 nd /4 th) Green and up 5:45-6:30	NOTE: Green, Purple, Jr. Blue, Sr. Blue need 24 classes before testing
Family / Beginner Class 6:30-7:15	Black Belt 6:30-7:15 Bo-Staff	Family / Beginner Class 6:30-7:15	Black Belt 6:30-7:15	Teen & Adult Nunchucks (1 st /3 rd) Sparring (2 nd /4 th) 6:30-7:15	NOTE: Brown, Red, Bo-Black need 28 classes before testing
Black Belt 7:15-8:00	Adult Class 7:15-8:00		Adult Class 7:15-8:00	Demo Team Class/Practice 7:15-8:30	NOTE: 1 st Dan—30 Class 2 nd Dan—40 Class 3 rd Dan—60 Class