

Martial Arts Carolina's TaeKwonDo, HapkiDo, Total Defense

"Full range - family focused!"

3555-2 Matthews-Mint Hill Rd. Hood's Crossroad Shopping Center Matthews, NC 704-847-2222 www.martialartscarolina.com
 Traditional, practical & character building – striking, blocking & kicking; forms; joint locks, pressure point control & throws; ground survival;
 weapons & disarming; and stranger awareness

TAE KWON DO

"GRASSHOPPERS" (ages 3 – 6)

Rank	Thurs.	Sat. AM
Juniors 3 - 4 All Ranks		9:00 – 9:30
Seniors 5 - 6 All Ranks	6:00 – 6:30	9:00 – 9:30

JUNIORS (ages 7 – 12)

Rank	Mon.	Tues.	Weds.	Thurs.	Fri. Sparring	Sat. AM
White	6:00 – 7:00	6:00 – 7:00	-Private Lessons-			9:45 – 10:45
Yellow, Orange, Green, Camo	6:00 – 7:00	6:00 – 7:00	-Private Lessons-		6:00 – 6:45	9:45 – 10:45
Purple, Blue & Brown	6:00 – 7:00	6:00 – 7:00	-Private Lessons-		6:00 – 6:45	9:45 – 10:45
Red, Red/Black, Jr. & Black	6:00 – 7:00	6:00 – 7:00	-Private Lessons-		6:00 – 6:45	9:45 – 10:45

ADULTS (ages 13 & up)

Rank	Mon.	Weds.	Thur.	Fri. Specialty	Sat. AM
White - Brown	7:00 – 8:00	-Private Lessons-	6:45 – 7:45	6:45 – 7:30	9:45 – 10:45
Red, Red/Black, Jr. & Black	7:00 – 8:00	-Private Lessons-	6:45 – 7:45	6:45 – 7:30	9:45 – 10:45

HAPKIDO ADULTS (ages 13 & up)

Rank	Tues.	Fri.	Fri. Specialty
All Ranks	7:00 – 8:00	7:30 – 8:30	6:45 – 7:30

Total Defense

Rank	Adults Weds.	Kids Weds.
All Ranks	6:30 – 7:30	6:30 – 7:00