

Referrals are highly appreciated. Effective JULY 12TH 2021

U.S. World Class TAEKWONDO BETHANY
 15285 NW CENTRAL DR. PORTLAND OR 97229
 PHONE: 503.531.9096 FAX: 503.352.4631
WWW.ALL4TKD.COM
 E-mail : uswctkd@gmail.com



Check us out on
facebook
 BETHANYTKD

**SATURDAY
 SPECIAL EVENTS
 BIRTHDAY PARTIES**

**Attend your appropriate class! Based on Age and Skill level.
 Be always on time ! 5 minutes prior to your class is best.
 Pull your attendance cards prior to class.**

| ALL CLASSES #1 | MON A | TUE A | WED B | THU B | FRIDAY A B |
|--|-----------------|------------------------|-----------------|------------------------|---|
| Register Online to access our Video Library Training Tips & Test Prep 7 More | PRIVATE LESSONS | PRIVATE LESSONS | PRIVATE LESSONS | PRIVATE LESSONS | WEAPONS CLASS 4:00PM—4:30PM |
| Register Online to access our Video Library Training Tips & Test Prep 7 More | PRIVATE LESSONS | PRIVATE LESSONS | PRIVATE LESSONS | PRIVATE LESSONS | SPARRING CLASS 4:35PM—5:15PM |
| 4:00pm to 4:40pm | PURPLE BLUE | RED BROWN | PURPLE BLUE | RED BROWN | ZOOM CLASS MON & WED 4:30PM WHITE TO GREEN 814 4867 0515 5:00PM PURPLE TO POOM 894 9195 7408 5:30PM BLACK BELT 897 5706 3216 6:00PM TEEN & ADULT 873 0271 8312 |
| 4:45pm to 5:25pm | JUNIOR BLACK | POOM | JUNIOR BLACK | POOM | |
| 5:30pm to 6:10pm | POOM | PURPLE BLUE | POOM | PURPLE BLUE | |
| 6:15pm to 6:55pm | RED BROWN | JUNIOR BLACK | RED BROWN | JUNIOR BLACK | |
| 7:00pm to 7:40pm | BLACK BELT | TEEN & ADULT ALL BELTS | BLACK BELT | TEEN & ADULT ALL BELTS | |
| PRIVATE LESSONS | PRIVATE LESSONS | PRIVATE LESSONS | PRIVATE LESSONS | PRIVATE LESSONS | |

PLEASE DO NOT BRING FOOD OR SOFT DRINKS INSIDE THE SCHOOL *Thank You!*

| ALL CLASSES #2 | MON A | TUE A | WED B | THU B | ZOOM PRIVATE LESSON |
|------------------|-------------------------|-------------------------|-------------------------|-------------------------|--|
| 3:00pm to 4:00pm | PRIVATE LESSONS | PRIVATE LESSONS | PRIVATE LESSONS | PRIVATE LESSONS | TUESDAY & THURSDAY |
| 4:00pm to 4:30pm | JUNIOR ASSESSMENT LEVEL | JUNIOR ASSESSMENT LEVEL | JUNIOR ASSESSMENT LEVEL | JUNIOR ASSESSMENT LEVEL | 4:30PM TO 6:30PM |
| 4:35pm to 5:15pm | ORANGE | GREEN | ORANGE | GREEN | 15 MIN ZOOM PRIVATE LESSONS |
| 5:20pm to 5:45pm | LITTLE WARRIORS | LITTLE WARRIORS | LITTLE WARRIORS | LITTLE WARRIORS | 15 MIN ZOOM PRIVATE LESSONS |
| 5:50pm to 6:30pm | GREEN | ORANGE | GREEN | ORANGE | 15 MIN ZOOM PRIVATE LESSONS |
| 6:35pm to 7:05pm | JUNIOR ASSESSMENT LEVEL | JUNIOR ASSESSMENT LEVEL | JUNIOR ASSESSMENT LEVEL | JUNIOR ASSESSMENT LEVEL | 15 MIN ZOOM PRIVATE LESSONS |
| 7:10pm to 7:50pm | TEEN & ADULT ALL BELTS | PRIVATE LESSONS | TEEN & ADULT ALL BELTS | PRIVATE LESSONS | SCHEDULE HERE https://bit.ly/3hko5jQ |

We believe that Great Leadership comes by having Great Discipline!

Attend your appropriate class! Age and Skill level
 Remove your shoes and place them neatly on the Shoe Rack.
 Pull your attendance cards prior to class.

*Always use Sir or Madam when you address to your Instructors or your fellow students.

*Misbehavior or Foul Language will not be tolerated

*Display Black Belt Attitude and Commitment.

*Maintain High Performance in school work

*Maintain a high level of consistency in class

LEADERSHIP TRAINING & PRACTICE

BROWN & POOM—BLACK 1ST DEGREE AND UP

PLEASE CHECK WITH OUR PROGRAM DIRECTOR FOR AVAILABILITY

STAR TEAM -INSTRUCTOR TRAINING IS BY INVITATION ONLY

STUDENT AND INSTRUCTOR DRESS CODE & ETIQUETTE

IS STRICTLY ENFORCED

UNIFORMS MUST BE CLEAN AND PRESSED AT ALL TIMES - NO T-SHIRTS FOR TESTING

"The difference

*between an obstacle and opportunity
 is your attitude."*



STAY CONNECTED: Get our APP!

1. Download

US World Class Taekwondo

Apple Store or Google Play

2. Once downloaded create your own account using this:

STUDIO CODE: 5035319096

3. Turn ON notifications

Credit towards advancement:

Sparring, Weapons Practice, Seminars, Tournaments, Private Lessons. (One private lesson equals three reg. classes)

WIFI PASS: taekwondomania



**US WORLD CLASS
DRESS CODE & REQUIREMENTS**

ASSESSMENT LEVEL

WHITE UNIFORM

ORANGE BELT

BLUE UNIFORM & WEAPON

GREEN BELT

SPARRING GEAR SET

BLACK BELT

RED UNIFORM

BLACK BELT 2ND DAN AND UP

BLACK UNIFORM

**ASSESSMENT LEVEL
MAX. 2 CLASSES PER WEEK**

**ORANGE BELT & UP - BLACK BELT CLUB
A MINIMUM OF 2 CURRICULUM CLASSES PER WEEK**

**GREEN BELT - BLACK BELT CLUB
SPARRING EQUIPMENT REQUIRED**

**WHITE UNIFORMS : ARE REQUIRED AT SPECIAL EVENTS
SEMINARS-TOURNAMENTS-BLACK BELT TEST
APPROVED T-SHIRTS ARE ALLOWED ON THE FLOOR FROM
MAY 15TH TO October 15TH**

**MISSING A CLASS FOR SOME REASON?
LET YOUR INSTRUCTOR KNOW!**

Progression Chart

In addition to the minimum number of classes please see the time requirements listed below.

White to Yellow 1 month

Yellow to Orange 2 months

Orange to Green 3 months

Green to Purple 3 months

Purple to Blue 4 months

Blue to Red 4 months

Red to Brown 5 months

Brown to Poom 6 months

Poom to Black 8 to 12mo

2nd DAN two years 4 LEVELS

3rd Dan three years (min 13yr old) 4 LEVELS

4th Dan four years (min 18yr old

5th Dan five years (minimum 29yrs old)

CREDITS

**1ST DEGREE BLACK BELT
REQUIREMENTS**

3 SEMINARS

3 TOURNAMENTS

**2ND DEGREE BLACK BELT
REQUIREMENTS**

2 SEMINARS

2 TOURNAMENTS

**3RD DEGREE BLACK BELT
REQUIREMENTS**

3 SEMINARS

3 TOURNAMENTS



BLACK BELT ACADEMY

SCHOOL CLOSURES*

SPRING BREAK

MEMORIAL DAY

4TH OF JULY

LABOR DAY

THANKSGIVING

WINTER BREAK

***SEE THE SCHOOL NEWSLETTER**