

Adult & Teen Taekwondo Schedule

www.edatkd.com

Effective August 24, 2009



Eastern Defensive Arts Academy
238-9 South West End Blvd
Quakertown, PA 18951
215-536-8474

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daytime TKD All Ranks 11 am - 12 Noon		Daytime TKD All Ranks 11 am - 12 Noon		Stamina & Conditioning 9:30 - 10:30 am	Daytime TKD Yellow - Black 11:30 am - 12:30
Level 1 New Member - Adv Yellow 6:30 - 7:30 pm		Level 1 New Member - Adv Yellow 6:30 - 7:30 pm			
Level 2 Green - Red 7:30 - 8:30 pm	Level 3 Adv Red - Black 7:00 - 8:00 pm	Level 2 Green - Red 7:30 - 8:30 pm	Level 3 Adv Red - Black 7:00 - 8:00 pm	Stamina & Conditioning 6:30 - 7:30 pm	

Level 1: Attends Level 1 class. May attend Friday AM and PM. Yellow belts may attend Saturday class.

Level 2: May attend the required Level 2 classes. May attend Friday & Saturday class.

Level 3: May attend the required Level 3 class as well as all other classes.

Friday Martial Stamina & Conditioning: Mixed class for all EDA members, both fitness kickboxing and TKD. Wear regular workout clothes. Taekwondo pants and tee shirt are OK. Shoes are recommended but not required.

NO BLACK SOLED SHOES!

Level 1		Level 2		Level 3	
White		Green		Adv Red	
Adv White		Adv Green		Black	
Yellow		Blue			
Adv Yellow		Adv Blue			
		Red			

Children's Taekwondo Schedule



Lil' Dragon: Ages 4, 5 and 6.

Junior: Ages 7 - 12.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Junior Mixed Yellow - Black 10:30 am - 11:30
Lil' Dragon 4:20 - 5:00 pm <i>Ages 4, 5, & 6</i>	Beginner New Member - Yellow 4:30 - 5:15 pm	Lil' Dragon 4:20 - 5:00 pm <i>Ages 4, 5, & 6</i>	Beginner New Member - Yellow 4:30 - 5:15 pm		
Intermediate Adv Yellow - Adv Green 5:00 - 5:45 pm	Jr Black Belt 5:15 - 6:00 pm	Intermediate Adv Yellow - Adv Green 5:00 - 5:45 pm	Jr Black Belt 5:15 - 6:00 pm		
Advanced Blue - Red 5:45 - 6:30 pm		Advanced Blue - Red 5:45 - 6:30 pm		Elite Advanced Blue - Black 5:30 - 6:25 pm	

Class Levels

Lil' Dragons: Ages 4, 5 and 6.

Beginner Class: White, Advanced White and Yellow Belt.

Intermediate Class: Advanced Yellow, Green, Advanced Green Belt.

Advanced Class: Blue, Advanced Blue, Red Belt.

Friday Advanced Mixed: Blue, Advanced Blue, Red, Advanced Red and Black.

<i>Beginner</i>		<i>Intermediate</i>		<i>Advanced</i>		<i>Black Belt</i>	
White		Adv Yellow		Blue		Adv Red	
Adv White		Green		Adv Blue		Black	
Yellow		Adv Green		Red			