

Martial Arts Carolina's TaeKwonDo, HapkiDo, Arnis

"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	Tue.	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.	Tue.	Wed.	Thur.	Fri. Sparring	Sat. AM
White	6:00 – 6:45	6:30 – 7:15	-Private Lessons-			9:45 – 10:30
Yellow, Orange, Green, Camo	6:00 – 6:45	6:30 – 7:15	-Private Lessons-		6:00 – 6:45	9:45 – 10:30
Purple, Blue & Brown	6:45 – 7:30		-Private Lessons-	6:00 – 6:45	6:00 – 6:45	10:30 – 11:15
Red, Red/Black, Jr. & Black	6:45 – 7:30		-Private Lessons-	6:00 – 6:45	6:00 – 6:45	10:30 – 11:15

ADULTS (ages 13 & up)

Rank	Mon.	Wed.	Thur.	Fri. Specialty
White - Brown	7:30 – 8:30	-Private Lessons-	6:45 – 7:45	6:45 – 7:30
Red, Red/Black, Jr. & Black	7:30 – 8:30	-Private Lessons-	6:45 – 7:45	6:45 – 7:30

HAPKIDO ADULTS (ages 13 & up)

Rank	Tue.	Fri.	Fri. Specialty
All Ranks	7:15 – 8:15	7:30 – 8:30	6:45 – 7:30

Arnis ADULTS (ages 13 & up)

Rank	1 st Wed. Month	Thur.
All Ranks	7:00 – 8:30	7:45 – 8:45