



# HEADQUARTERS CLASS SCHEDULE – MAY 2017

387 Pompton Avenue, Cedar Grove, NJ 07009 Tel: (973) 239-7654 Fax: (973) 239-2146

Effective 5/1/17

DATE TIME	MONDAY (GOAL SETTING)	TUESDAY (DISCIPLINE)	WEDNESDAY (RESPECT)	THURSDAY (SELF CONTROL)	FRIDAY (ACHIEVEMENT)	SATURDAY (COOPERATION)		
<b>Talium Fitness</b>	<b>Talium Fitness 9:15-10:15am</b>	<b>Talium Fitness 9:15-10:15am</b>	<b>Talium Fitness 9:15-10:15am</b>	<b>Talium Fitness 9:15-10:15am</b>	<b>Talium Fitness 9:15-10:15am</b>	10:00-11:00 TEEN/ADULT ALL BELTS		
<b>TEEN/ADULT 11:30-12:30</b>		TEEN/ADULT ALL BELTS			TEEN/ADULT ALL BELTS	<b>11:15 – 11:45 TIGERS (age 3-5) ALL BELTS</b>		
<b>TIGERS 3:30 –4:00 PM</b>	PRIVATE LESSON	TIGERS (Ages 3~5) ALL BELTS	PRIVATE LESSON	TIGERS (Ages 3~5) ALL BELTS	TIGERS (Ages 3~5) ALL BELTS	10:00-10:45 NO/WHITE YELLOW		
<b>CHILDREN 4:00 –4:45 PM</b>	NO/WHITE YELLOW	PURPLE/RED BROWN	<b>1<sup>ST</sup> DAN</b>	ORANGE/GREEN BLUE	<b>1<sup>ST</sup> DAN</b>	11:45–12:30 ORG/ GRN, BLUE		
<b>CHILDREN 4:45 –5:30 PM</b>	ORANGE GREEN/BLUE	JR. BLACK	SPARRING (Orange &Up)	<b>2<sup>ND</sup> / 3<sup>RD</sup> DAN</b>	NO/WHITE YELLOW	ORANGE GREEN BLUE	<b>2<sup>ND</sup> / 3<sup>RD</sup> DAN</b>	12:30–1:15 PUR/ RED BROWN
<b>CHILDREN 5:30 –6:15 PM</b>	PURPLE/RED BROWN	NO/WHITE YELLOW	5:30-6:00 TIGERS (Ages 3-5)	ORANGE GREEN BLUE	SPARRING (Orange &Up)	PURPLE RED BROWN	JR. BLACK	1:30 - 3:00 TAEKWONDO <i>Birthday Party I</i>
<b>CHILDREN 6:15 –7:00 PM</b>	JR. BLK.	<b>6:15-7:15 1<sup>ST</sup> DAN</b>	ORANGE/GREEN BLUE	NO/WHITE YELLOW	PURPLE RED BROWN	JR. BLK	<b>6:15-7:15 1<sup>ST</sup> DAN</b>	
<b>TEEN/ADULT 7:00 –8:00 PM</b>	<b>ALL COLOR &amp; BLACK BELTS</b>	<b>BLACK BELTS 1 Dan to 4 Dan</b>	<b>SWAT TEAM</b>		<b>SPARRING</b>	<b>ALL COLOR &amp; BLACK BELTS</b>		3:30-5:00 TAEKWONDO <i>Birthday Party II</i>
<b>TEEN/ADULT 8:00- 9:00 PM</b>	LEADERSHIP TEAM	<b>ALL COLOR &amp; BLACK BELTS</b>	<b>ALL COLOR &amp; BLACK BELTS</b>		<b>ALL COLOR &amp; BLACK BELTS</b>			

**ALL  
JR.  
BLACK  
BELTS**  
  
Come to  
your stripe  
class

We at Master Cho's Talium are constantly trying to improve our schedule to best suit your needs & to provide the most effective staffing for all classes. This schedule was prepared with your best interest in mind & is designed to ensure that you receive the quality training you deserve.

1. Students will attend class with their full uniform & belt.
2. Students must be on line ready for class 10 minutes before class begins.
3. Students must take out their attendance card to present upon entering class.
4. Students must kneel at entry to dojang & wait for permission to enter if late.
5. Regular attendance is based on a two times a week schedule.

Please Flip Over For Monthly Events

## STUDENTS OF THE MONTH

\*Dylan Kinkead \*Jeremy Vasquez \*Anastasia Zarenin  
\*Angelina Zarenin \*Diego Garcia



Founder of Talium  
Grand Master  
Taek Sung Cho

# HEADQUARTERS at Cedar Grove MAY 2017 EVENTS

387 Pompton Av. Cedar Grove NJ 07009  
Tel: 973-239-7654 Fax: 973-239-2146



HQ at Cedar Grove 973-239-7654  
Bloomfield 973-893-9400

## What's New at Talium This Month

## Words From Grand Master Cho

### SPRING HAS SPRUNG, IT'S TALIUM T-SHIRT TIME

TALIUM T-SHIRTS ARE AVAILABLE FOR ORDERING  
Starting now you may wear your Talium T-Shirt in place of your uniform top during regular classes! See staff about ordering your shirts now!  
*(A full uniform is always required for testing)*

### MAY 13<sup>TH</sup>, SAT.: MOM APPRECIATION CLASS

A day to celebrate & show appreciation to our Moms'! Mom & child will take a special Taekwondo class together, having a super fun time while creating great memories. Mom will also receive an appreciation gift from their child.  
Sign up at the front desk to join in on this happy & fun event!  
Student Age: 3 to 6 - Class is 11:15am – 12:05pm  
Student Age: 7 to 12 – Class is 12:15pm – 1:15pm  
*Regular child classes will NOT be held. Teen/Adult classes WILL be held.*

### MAY 20<sup>TH</sup>, SAT.: 2<sup>nd</sup> / 3<sup>rd</sup> DAN PROMOTION TEST

Place: HQ at Cedar Grove / *Regular classes WILL be held*  
Come to cheer and show your support to our newest 2<sup>nd</sup> & 3<sup>rd</sup> Dan candidates as they show us what hard work and persistence can achieve! *See staff for time*

### MAY 26<sup>TH</sup>-29<sup>TH</sup>, FRI. -MON.: ALL LOCATIONS CLOSED

All locations will be closed in observance of the Memorial Day weekend.

### JUNE 2<sup>ND</sup>, FRI.: COLOR & BLACK BELT STRIPE TEST

Place: Headquarters at Cedar Grove / *Regular classes will NOT be held.*  
The testing time schedule will be posted. Parents Workshop and Jr. Black Belt Conference will be held during testing. Parents are required to attend.  
Good luck to everyone testing!



All Mom's will receive a special gift

Mom Appreciation Class  
Saturday, May 13th



Students age: 3-6  
Class Time: 11:15 - 12:05  
Students age: 7-12  
Class Time: 12:15 - 1:15

*"Aim High for Positive Mind, Strong Body & Healthy Spirit!"*