



HEADQUARTERS CLASS SCHEDULE – DECEMBER 2017

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

Effective 12/1/17

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

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

*James Linietsky *Matthew Santos
*Andrew Santos *Manuel Vera



Founder of Talium
Grand Master
Taek Sung Cho

HEADQUARTERS at Cedar Grove

DECEMBER 2017 EVENTS

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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

CONGRATULATIONS TO OUR NEWEST 1ST DAN BLACK BELTS!

**Enzo Bernabe *Ethan Bernabe *Nicholas Binetti *Aliyah Carter
*Bryson Edouard *Daniel Frenklakh *Stephen Gaffney *Dhyan Goswami
*Peter Hanlon *Selin Hekimgil *Luke Jarman *Carinna Menjivar
*Eugene Niemiec *Janessa Nuguid *Jazmyne Nuguid
*Justice Nuguid *Brandon Teresi*

DEC. 15TH, 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!

DEC. 18TH, MON.: ONLY -7:45-8:45PM- CLASS WILL NOT BE HELD

DEC. 20TH, WEDS.: 2018 S.W.A.T. DEMO TRYOUTS

Time: 7 – 8pm / Regular classes WILL be held
If you are a black belt & you would like to learn more, work hard, be a team member on our demonstration team, sign up at the front desk for tryouts.

DEC. 25TH, MON.: ALL SCHOOLS CLOSED

All schools will be closed for Christmas day. Enjoy your holiday!

DEC. 26TH – 29TH, TUES.-FRI.: WINTER CAMP!!

Winter Camp ALL week long during the school holiday break! Come and have an amazing time doing Taekwondo, awesome wood breaking, the cinderblock technique challenge, fun games, friends and fun! Wish for snow! Save your spot today. See front desk for details.

DEC. 30TH – JAN. 1ST, SAT.- MON.: ALL SCHOOLS CLOSED

All schools will be closed for the New Year weekend. Have fun, be safe & the happiest & most healthy 2018 to all! Thank you for your dedication.

Words From Grand Master Cho



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