



# HEADQUARTERS CLASS SCHEDULE – MARCH 2018

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

Effective 03/01/18

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	<b>11:15 – 11:45</b> <b>TIGERS (age 3-5)</b> 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	<b>1<sup>ST</sup> DAN</b>		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)	<b>2<sup>ND</sup> / 3<sup>RD</sup> DAN</b>	NO/WHITE YELLOW	12:30–1:15 PUR/ RED BROWN	
<i>CHILDREN</i> 5:30 –6:15 PM	PURPLE/RED BROWN	NO/WHITE YELLOW	<b>5:30 – 6:00</b> TIGERS (ages 3~5) ALL BELTS		PURPLE/RED BROWN	JR. BLACK	
<i>CHILDREN</i> 6:15 –7:00 PM	JR. BLACK	ORANGE GREEN/BLUE	NO/WHITE YELLOW	<b>6:15-7:15</b> <b>1<sup>ST</sup> DAN</b>		PURPLE/RED BROWN	
<i>TEEN/ADULT</i> 7:00 –8:00 PM	<b>7:00 – 7:45</b> LEADERSHIP TEAM only	TEEN ALL BELTS	ALL COLOR & BLACK Belts	SWAT DEMO	ALL COLOR & BLACK Belts	<b>BLACK BELTS</b> 1 Dan to 4 Dan	ALL COLOR & <b>BLACK BELTS</b>
<i>TEEN/ADULT</i> 8:00- 9:00 PM	<b>7:45 – 8:45</b> ALL COLOR & <b>BLACK BELTS</b>	SPARRING		PRIVATE LESSON	ALL COLOR & <b>BLACK BELTS</b>		

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

1:30 - 3:00  
TAEKWONDO  
*Birthday Party I*

3:30-5:00  
TAEKWONDO  
*Birthday Party II*

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.

## STUDENTS OF THE MONTH

\*Benji Rockmaker \*Teddy Goldman \*AJ Roca

Please Flip Over For Monthly Events



Founder of Talium  
Grand Master  
Taek Sung Cho

# HQ at CEDAR GROVE TALIAM MARCH 2018 EVENTS

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## What's New at Talium This Month

### MAR. 17<sup>TH</sup>, SAT.: 1<sup>ST</sup> DAN BLACK BELT PROMOTION TEST

Place: HQ at Cedar Grove / *Regular classes WILL be held*

Come to show support & cheer for our black belt candidates as they demonstrate with 200% passion & determination in this grand journey to become 1<sup>st</sup> Dan Black Belts

### MAR. 23<sup>RD</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!

### MAR. 26<sup>TH</sup>, - MAR. 31<sup>ST</sup>, MON.-SAT.: SPARRING WEEK

Orange Belt & higher bring your sparring gear for class.

### MAR. 30<sup>TH</sup>, FRI.: ALL LOCATIONS CLOSED

We will be close for Good Friday.

We WILL be OPEN for classes Saturday, March 31<sup>st</sup>.

### SUMMER CAMP AT TALIAM!

Taekwondo Camp at Talium is great fun for the kids and our parents love the positive values, structure, good self worth and respect that the kids receive while they are having a great time. Camp fun includes daily Taekwondo physical & mental training, sports, games, drills, obstacle courses, outdoor fun at the park, field trips to mini golf, movies & so much more. Super Early Bird Special is happening now. Deadline March 31. NON STUDENTS WELCOME

*Spots are limited. Ask a staff member to learn more and how to sign up now!*

## Words From Grand Master Cho

MASTER CHO'S  
THE SPIRIT OF TAEKWONDO  
TALIAM  
SINCE 1991

# TAEKWONDO SUMMERCAMP

HALF DAY - FULL DAY - EXTENDED DAY

Highly Trained, Enthusiastic,  
Caring & Certified Instructors!

Daily Taekwondo  
Sports, Games, Field Trips,  
& So Much More!

NON-STUDENTS WELCOME!

FREE CAMP T-SHIRT  
& BUTTON!  
(WITH SIGN UP FOR 1 WEEK OR MORE)

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