



HEADQUARTERS CLASS SCHEDULE – APRIL 2018

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

Effective 04/02/18

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	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		

**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

*Devin Natusch *Lucas Chow *Edith Wong

Please Flip Over For Monthly Events



Founder of Talium
Grand Master
Taek Sung Cho

HQ at CEDAR GROVE TALIAM APRIL 2018 EVENTS

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What's New at Talium This Month

APRIL 27TH, 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!

APRIL 30TH, - MAY 4TH, MON.-FRI.: SPARRING WEEK

Orange Belt & higher bring your sparring gear for class.

MAY 5ST, SAT.: 2018 TALIAM TOURNAMENT

Place: HQ at Cedar Grove – 387 Pompton Av. - Cedar Grove NJ
Time: 8:30am – 5:00pm / *Regular classes will NOT be held.*
We would like to invite our students to participate in this year's 2018 Talium Tournament! Show your *speed and agility* when you compete in our *Obstacle Course*. Demonstrate your *calm focus* when you compete in *Form* & exhibit your *accuracy & lightning reflexes* in *Sparring*! This tournament is the perfect setting to compete, practice, and learn with other friendly competitors from our Cedar Grove & our Bloomfield schools. Win 1st place with a humble heart & 3rd place with an inspiration to learn from the challenge & improve your skills. Give 100%, do your best, have a fun & get involved in this rewarding experience!

Ages 3-13 plus Leadership Team

Sign up deadline: April 28, 2018 See staff for more details

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

Words From Grand Master Cho

2018 TAEKWONDO TOURNAMENT

THE SPIRIT OF TAEKWONDO
TALIAM

CAN YOU WIN A TROPHY!

OBSTACLE COURSE

SPARRING

FORM

WHERE?
CEDAR GROVE TALIAM
387 POMPTON AV.

WHEN?
SATURDAY, MAY 5, 2018

HOW DO I SIGN UP?
GO TO THE FRONT DESK NOW
FOR YOUR APPLICATION!

LIMITED SPACE AVAILABLE!

REGISTRATION DEADLINE: APRIL 28TH

SIGN UP & RECEIVE AN EXCLUSIVE PINBACK BUTTON & A SPORTPACK BAG