



HEADQUARTERS CLASS SCHEDULE – JANUARY 2019

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

Effective 01/02/19

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

***David Laudadio *Lucia Signorelli**
***John Ryans *Justin Berardo**



Founder of Talium
Grand Master
Taek Sung Cho

HQ at CEDAR GROVE TALIAM JANUARY 2019 EVENTS

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What's New at Talium This Month

JAN. 18th, FRI.: BELT PROMOTION TESTING

Place: Cedar Grove Talium / *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!

JAN. 21st, - JAN. 25th, MON.-FRI.: SPARRING WEEK

Orange Belt & higher bring your sparring gear for class

JAN. 26th, SAT: TALIAM FAMILY PARTY / 11am – 3:30pm

Place: Robert J. O'Toole Community Center / Cedar Grove

We are hosting a super fun party to wrap up our celebration for 2018! There will be a DJ and dancing, lip sync contests, SWAT Demonstration, and good food. Let's have a fun afternoon together Taekwondo style! *Semi-Formal - See front desk for sign up.*

Space is limited! *Regular classes will NOT be held this day*

CONGRATULATIONS TO OUR BLACK BELTS ON THEIR PROMOTION TO:

2ND DAN

**EunWoo Hahm *Dean Romain*

3RD DAN

**Alan Chernin *Chris Eng *John McGrath*

**Donnahue Robinson *Bob Taylor*

4TH DAN

**Larry Chung *Charles Rembert III *Igor Titkov*

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

Words From Grand Master Cho



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FOLLOW US ON FACEBOOK: MASTER CHO'S TALIAM - HQ
LIKE US? RATE US ON YELP: TALIAM
LIKE US SOME MORE? RATE US ON FACEBOOK TOO!

Visit our website at www.taliumtkd.com for Class Schedules / Photo Gallery / Upcoming Events & More

1-866-2-TALIAM