



# HEADQUARTERS CLASS SCHEDULE – FEBRUARY 2019

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

Effective 02/04/19

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

## STUDENTS OF THE MONTH

\*Nicholas Rouhana \*Logan Kraus \*Louis Kraus

Please Flip Over For Monthly Events



Founder of Talium  
Grand Master  
Taek Sung Cho

# HQ at CEDAR GROVE TALIUUM FEBRUARY 2019 EVENTS

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



## What's New at Talium This Month

### FEB. 22<sup>nd</sup> , 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!

### FEB. 25<sup>th</sup> , - MAR. 2<sup>nd</sup> , MON.-SAT.: SPARRING WEEK

Orange Belt & higher bring your sparring gear for class

### PLEASE MAKE NOTE OF CHANGES TO THIS FEBRUARY SCHEDULE EFFECTIVE 2/4/19

FOLLOW US ON INSTAGRAM: @MASTERCHOSTALIUM  
FOLLOW US ON FACEBOOK: MASTER CHO'S TALIUUM – HQ  
LIKE US? RATE US ON YELP: TALIUUM  
LIKE US SOME MORE? RATE US ON FACEBOOK TOO!

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

## Words From Grand Master Cho

### *CONGRATULATIONS TO OUR 2018 AWARD WINNERS*

#### FAMILY OF THE YEAR

- \*Grand Master Cho's Family*
- \*Correa Family*
- \*Rathod Family*

#### SWAT MEMBER OF THE YEAR

- \*April DiGiacomo \*Selin Hekingil*
- \*Danica Lacuesta*

#### STUDENT OF THE YEAR

- \*Donovan Carter \*Avery Gaffney*
- \*Diego Garcia \*David Laudadio*
- \*Vindhyan Marimuthu*