



# HEADQUARTERS CLASS SCHEDULE – MARCH 2019

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

Effective 03/01/19

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>JR. BLACK</b> to your <b>STRIPE</b> CLASS
<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></b> <b>DAN</b>	11:45–12:30 ORG/ GRN, BLUE	<b>11:45-12:30</b> <b>1<sup>ST</sup> DAN</b>
<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	12:30-1:15 JR. BLACK ALL
<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	1:30 - 3:00 TAEKWONDO <i>Birthday Party I</i>
<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 & <b>BLACK Belts</b>	SWAT DEMO	ALL COLOR & <b>BLACK Belts</b>	<b>BLACK BELTS</b> 1 Dan to 4 Dan	ALL COLOR & <b>BLACK BELTS</b>
<b>TEEN/ADULT</b> 8:00- 9:00 PM	<b>7:45 – 8:45</b> ALL COLOR & <b>BLACK BELTS</b>	<b>SPARRING</b>	PRIVATE LESSON		ALL COLOR & <b>BLACK BELTS</b>		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

\*Lucia Signorelli \*Het Parekh \*Jeehan Ismail  
\*Robert Martinelli \*Miles Bitor



Founder of Talium  
Grand Master  
Taek Sung Cho

# HQ at CEDAR GROVE TALIUUM MARCH 2019 EVENTS

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



## What's New at Talium This Month

### MAR. 16<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. 29<sup>TH</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!

### APR. 1<sup>ST</sup>, - APR. 6<sup>TH</sup>, MON.-SAT.: SPARRING WEEK

Orange Belt & higher bring your sparring gear for class

### SUMMER CAMP AT TALIUUM!

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 give and 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, Karaoke battles, field trips to mini golf, movies & we added some new ones too! *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!*

FOLLOW US ON INSTAGRAM: @MASTERCHOSTALIUUM  
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

# TAEKWONDO SUMMER CAMP



Visit our website at [www.taliumtkd.com](http://www.taliumtkd.com) for Class Schedules / Photo Gallery / Upcoming Events & More

1-866-2-TALIUUM