



HEADQUARTERS CLASS SCHEDULE – APRIL 2019

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

Effective 04/01/19

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	JR. BLACK to your STRIPE CLASS	
CHILDREN 4:00 – 4:45 PM	NO/WHITE YELLOW	PURPLE/RED BROWN	1ST / 2ND / 3RD DAN	ORANGE/GREEN BLUE	4:00 – 5:00 1ST / 2ND / 3RD DAN	11:45–12:30 ORG/ GRN, BLUE	11:45-12:30 1ST DAN	
CHILDREN 4:45 – 5:30 PM	ORANGE GREEN/BLUE	JR. BLACK	SPARRING (Orange & Up)	NO/WHITE YELLOW	ORANGE/ GREEN BLUE	12:30–1:15 PUR/ RED BROWN	12:30-1:15 JR. BLACK ALL	
CHILDREN 5:30 – 6:15 PM	JR. BLACK	NO/WHITE YELLOW	5:30 – 6:00 TIGERS (age 3~5) ALL BELTS	5:30-6:00 TIGERS (age 3~5)	PURPLE RED BROWN	JR. BLACK	1:30 - 3:00 TAEKWONDO <i>Birthday Party I</i>	
CHILDREN 6:15 – 7:00 PM	PURPLE RED BROWN	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	3:30-5:00 TAEKWONDO <i>Birthday Party II</i>
TEEN/ADULT 8:00- 9:00 PM	7:45 – 8:45 ALL COLOR & BLACK BELTS	SPARRING	PRIVATE LESSON		ALL COLOR & BLACK BELTS			

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

*Dev Patel *Brianna Pierce
*Daniel Vera *Vidhi Parekh



Founder of Talium
Grand Master
Taek Sung Cho

HQ at CEDAR GROVE TALIAM APRIL 2019 EVENTS

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What's New at Talium This Month

APRIL 12TH, 13TH, FRI. & SAT.: WE WILL BE CLOSED
We will be closed for our Leadership Special Training/Retreat

APRIL 19TH, FRI.: WE WILL BE CLOSED
We will be closed for Good Friday.
We WILL BE OPEN on SATURDAY the 20th.

APRIL 26TH, FRI.: BELT PROMOTION TESTING
Place: Cedar Grove Talium / *Regular classes will NOT be held.*
Test times will be posted the week of testing. Parents Workshop and Jr. Black Belt Conference will be held during testing.
Parents are required to attend. Good luck to everyone testing!

APR. 29TH, - MAY 4TH, MON.-SAT.: SPARRING WEEK
Orange Belt & higher bring your sparring gear for class

Special thanks to Avery & Stephen Gaffney and also to Amelia Morales for donating so so many of their childhood books. We have several new generations of children that are now enjoying this great selection while they are here visiting Talium.

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

Words From Grand Master Cho

CONGRATULATIONS TO OUR NEWEST 1ST DAN BLACK BELTS!

- | | |
|----------------------|-----------------|
| *Gerard Barone | *Alex Mroz |
| *Sophia Bromley | *Rachel Mundy |
| *Matthew Bruchac | *Megan Pedone |
| *Nicholas Byrne | *Evan Post |
| *Matei Chindea | *Aidan Rael |
| *Vincent Fisher | *Sophia Rael |
| *EunBi Hahm | *Adam Scarpa |
| *Bianca Marie Hamlin | *CJ Sullivan |
| *Brodie Henderson | *Andy Wang |
| *Keshav Jagan | *Jayson Wise |
| *Ilija Jakimoski | *Beck Youngberg |

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