



# HEADQUARTERS CLASS SCHEDULE – MAY 2019

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

Effective 05/01/19

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>	3:30-5:00 TAEKWONDO <i>Birthday Party II</i>
<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>				

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

\*Isabella Urbina \*Ellie Frankel  
\*Kevin Carew \*Daniel Jeck \*Nolan Rego



Founder of Talium  
Grand Master  
Taek Sung Cho

# HQ at CEDAR GROVE TALIUM MAY 2019 EVENTS

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## What's New at Talium This Month

### MAY 11<sup>TH</sup>, SAT.: PARENT/SPECIAL SOMEONE APPRECIATION

A day to celebrate & show appreciation to Mom / Dad / Special Adult in your life who takes care of you. Your special somebody & you will take a super fun Taekwondo class together, having an excellent time while creating great memories. Your special someone will also receive a really cool appreciation gift. Sign up at the front desk to join in on this fabulously fun event!

Student Age: 3 to 6 - Class is 11:15am – 12:05pm

Student Age: 7 to 12 – Class is 12:15pm – 1:15pm

*Regular child classes will NOT be held. Teen/Adult classes WILL be held.*

### MAY 25<sup>TH</sup> & 27<sup>TH</sup>, SAT. & MON.: WE WILL BE CLOSED

We will be closed for the Memorial Day Weekend. We will see you back in class on Tuesday, May 28<sup>th</sup>.

### MAY 31<sup>ST</sup>, 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!

### JUNE 3<sup>RD</sup> – JUNE 8<sup>TH</sup>, MON.-SAT.: SPARRING WEEK

Orange Belt & higher bring your sparring gear for class

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

## Words From Grand Master Cho



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

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

1-866-2-TALIUM