



HEADQUARTERS CLASS SCHEDULE – MARCH 2020

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

Effective 03/02/20

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	10:15 – 10:45 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	11:00-11:45 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 / 2ND / 3RD DAN	ORANGE GREEN/BLUE	NO/WHITE YELLOW	6:15-7:15 1ST / 2ND / 3RD 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.

STUDENTS OF THE MONTH

*Austin Aiello *Cole Hartman *Eman Ismail
*LeeAnn Selby *Kenny Whang

Please Flip Over For Monthly Events



Founder of Talium
Grand Master
Taek Sung Cho

HQ at CEDAR GROVE TALIUM MARCH EVENTS

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



What's New at Talium This Month

MAR. 21ST, SAT.: 1ST DAN BLACK BELT PROMOTION TEST

Place: HQ at Cedar Grove / *Regular classes will NOT 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 1st Dan Black Belts. See front desk for test times.

MARCH. 27TH, 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!

MARCH 30TH – APRIL 4TH / MON. - SAT.: SPARRING WEEK

Orange Belt & higher bring your sparring gear for class

SUMMER TRAINING: SIX WEEKS WILL START JULY 20TH

Taekwondo Training at Talium is great fun for the kids & our parents love the positive values, structure, good self worth & respect that the kids give & receive while they are having a great time. Camp fun includes daily Taekwondo physical & mental training, sports, new exciting games, drills, obstacle courses, outdoor fun at the park, summer reading with prizes, field trips to mini golf, bowling & more & we added some new ones too! Parents can stay connected with Instagram blurbs & Facebook photos weekly.

Super Early Bird Special is happening now. *Deadline March 31.*

NON STUDENTS WELCOME *Spots are limited.*

See the front desk for details and how to sign up now!

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

**TAEKWONDO
SUMMER TRAINING**

Friday is Pizza Day!

FREE T-SHIRT & BUTTON!
(WITH SIGN UP FOR 1 WEEK OR MORE)

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

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

1-866-2-TALIUM