

ATA Taekwondo Club, Inc
7600 North Federal Highway Suite #1
Boca Raton, Florida 33487
(561) 994-8748
www.bocaaata.com



Miguel C. Nelson
Chief Instructor

Session 1

Rank	Monday	Tuesday	Wednesday	Thursday	Friday
	5:15 - 6:00	5:15 - 6:00	6:15 - 6:45	5:15 - 6:00♥	5:30 - 6:00

Session 2

Rank	Monday	Tuesday	Wednesday	Thursday	Friday
	6:00 - 6:45	6:00 - 6:45	6:45 - 8:00	6:00 - 6:45♥	

Weapon Training Sparring Training

Rank	Monday	Tuesday	Wednesday	Thursday	Friday
		6:45 - 7:15		6:45 - 7:15♥	

Session 3

Rank	Monday	Tuesday	Wednesday	Thursday	Friday
	6:45 - 7:45	7:15 - 8:15		7:15 - 8:15♥	

** Students may take two or more classes per night, however, blue, brown, red, and black belt students are not permitted to attend the first junior class on Monday, Tuesdays, and Thursdays without permission. When in doubt, ask! We are very understanding!*

The Beginning of a Taekwondo Event

Sir!
 I will practice in the Spirit of Taekwondo,
 with **Courtesy** for fellow students,
Loyalty for my instructor,
 and **Respect** for my juniors and seniors,
 Sir!

The Ending of a Taekwondo Event

Sir!
 I shall live with **Perseverance** in the Spirit of Taekwondo,
 having **Honor** with others,
Integrity within myself,
 and **Self Control** in my actions,
 Sir!