



1245 Cedar Road, Chesapeake (757) 558- 9869

# ACADEMY SCHEDULE

Life-skills and Personal Development Program  
[www.virginiatk.com](http://www.virginiatk.com)

BELT & AGE GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age 4-5 TIGER CUBS	4:15 PM (1)	4:15 PM (2)	4:15 PM (1)	4:15 PM (2)		
JUNIOR WHITE & YELLOW Belts	5:00 PM		6:00 PM			9:30 AM
JUNIOR GREEN		5:00 PM		6:00 PM		10:30 AM
JUNIOR BLUE & BROWN	6:00 PM		5:00 PM			10:30 AM
JUNIOR RED	6:00 PM		5:00 PM			10:30 AM
JUNIOR BLACK BELTS		6:00 PM			5:00 PM	11:30 AM

ADULT WHITE thru BROWN		7:00 PM	7:00 PM	8:00 PM		11:30 AM
ADULT RED & Sr. RED BELTS		8:00 PM	7:00 PM	7:00 PM		11:30 AM
ADULT BLACK BELTS		8:00 PM	7:00 PM	7:00 PM		11:30 AM

BRAZILIAN JIU JITSU	7:00 ADULT	6:00 White 7:00 ADV		5:00 ADV 6:00 WHITE	6:00 Mixed 7:00 ADULT	
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**UNIFORM POLICY:** Full Uniform or Academy T-Shirt ONLY. Only plain White T-Shirts under the Uniform Top are authorized for students. Black Shirts are authorized under the Uniform Top for Instructors. *Full Uniform must be worn at all Testings, Tournaments, Guest Instructor Visits, and as directed by Chief Instructor.*

**ONE-ON-ONE PRIVATE LESSONS:** Every Brown, Red and Black Belt is required to secure one Private Lessons (PL) per testing cycle.

<p><b>ON TIME POLICY</b> Students that arrive late for class will be allowed to participate; however, NO CLASS CREDIT will be issued. Students that ARRIVE MORE THAN 10 MINUTES LATE will <u>not</u> be allowed to participate in class</p>	<p><b>STUDENTS MUST TEST TO EARN NEW RANK</b>  <b>FORMAL TESTINGS ARE HELD EVERY 10 WEEKS</b></p>					<p><b>STUDENT AGE BREAKDOWN</b>  <b>Juniors: 6-14 / Adults: 15+</b>            ALL STUDENTS MUST ATTEND CLASSES APPROPRIATE TO THEIR AGE GROUP            Class Duration: Tiger Cubs 30 Minutes, Juniors 45-55 Min., Adults 45-60 Min.            Class Attendance Guidelines:  <b>Attend minimum of 2 classes weekly</b></p>
	<p><b>MINIMUM CLASSES REQUIRED FOR TESTING</b></p>					
<p><b>RESTROOM POLICY</b> In order to avoid unnecessary interruptions during class, Students are required to use restroom prior to coming to class.  <b>ONLY Emergency restroom breaks during class are permitted.</b></p>	<p><b>WHITE</b></p>	<p><b>YELLOW</b></p>	<p><b>GREEN &amp; BLUE</b></p>	<p><b>BROWN &amp; RED</b></p>	<p><b>BLACK</b></p>	
	12	14	14	16	16	

**Testing Cycle:** There are 5 ten-week training cycles each year. Students are required to meet minimum class attendance guidelines to be eligible to test. Lesson credit totals start over at the beginning of each cycle. No rank skips are allowed. If your minimum lesson credit attendance requirement is met, this does not guarantee that you will pass your rank exam.

**Learning Format:** The three Learning Formats are 1) *Formal Class Attendance*, 2) *Home Practice*, & 3) *Private Lessons*. All three learning formats are required to ensure Students are fully developing their TaeKwonDo skills. **Brown Belts and Above will find it increasingly more difficult to pass their Belt Examination without Private Lessons.**

The Academy management reserves the right to change the schedule at any time without notice (REVISED FEBRUARY 2018)



# ACADEMY SCHEDULE

## Chronological View

MONDAY	Time
CUBS	4:15 PM
JUNIOR WHITE/YELLOW BELTS	5:00 PM
JUNIOR BLUE/BROWN/RED BELTS	6:00 PM
THURSDAY	Time
CUBS	4:15 PM
JUNIOR GREEN	6:00 PM
ADULT RED/BLACK BELTS	7:00 PM
ADULT WHITE-SR BROWN	8:00 PM

TUESDAY	Time
CUBS	4:15 PM
JUNIOR GREEN	5:00 PM
JUNIOR BLACK BELTS	6:00 PM
ADULT WHITE-SR BROWN	7:00 PM
ADULT RED/BLACK BELTS	8:00 PM

FRIDAY	Time
JUNIOR BLACK BELTS	5:00 PM

WEDNESDAY	Time
CUBS	4:15 PM
JUNIOR BLUE/BROWN/RED BELTS	5:00 PM
JUNIOR WHITE/YELLOW BELTS	6:00 PM
ADULT GREEN-BLACK BELTS	7:00 PM
SATURDAY	Time
JUNIOR WHITE-YELLOW BELTS	9:30 AM
JUNIOR GREEN-RED BELTS	10:30 AM
ADULT MIXED/JUNIOR BLACK BELTS	11:30 AM

JIU JITSU CLASSES	Day	Time
ADULT	Monday	7:00 PM
JR ADVANCE BELTS	Tuesday	7:00 PM
JR WHITE BELTS	Tuesday	6:00 PM
JR ADVANCE BELTS	Thursday	5:00 PM
JR WHITE BELTS	Thursday	6:00 PM
JR MIXED	Friday	6:00 PM
ADULT BELTS	Friday	7:00 PM