



CLASS SCHEDULE

Hero Martial Arts | 6246 N Chatham Ave KC MO 64151 | 816-505-9500 | www.kckarate.com

A-Day		B-Day		C-Day
Monday	Tuesday	Wednesday	Thursday	Saturday
After School Program 3:30 – 4:15 pm	After School Program 3:30 – 4:15 pm	After School Program 3:30 – 4:15 pm	After School Program 3:30 – 4:15 pm	Tai Chi 9:00 – 9:55 am
Personal Training Coach 4:45 to 5:15 pm	Li'l Ninjas (K, 1 st) 4:45 – 5:30 pm	Personal Training Coach 4:45 to 5:15 pm	Li'l Ninjas (K, 1 st) 4:45 – 5:30 pm	Open Class 10:00 – 10:55 am
Family Beginners 5:30 – 6:15 pm	Advanced (Green+) 5:30 – 6:15 pm	Family Basic Program 5:30 – 6:15 pm	Black Belt Club 5:30 – 6:15 pm	Mass Intros Orientation 11:00 – 11:55 am
Advanced (Green+) 6:15 – 7:00 pm	Family Beginners 6:15 – 7:00 pm	Black Belt Club 6:15 – 7:00 pm	Family Basic Program 6:15 – 7:00 pm	Leadership Class 12:00 – 3:00 pm (see CIT calendar)
Staff Meeting 7:00 – 8:30 pm	Tae Kwon Do (13+) 7:00 – 7:45 pm	Staff Training 7:00 – 8:30 pm	Tae Kwon Do (13+) 7:00 – 7:45 pm	
	Black Belts (13+) 7:45 – 8:30 pm		Masters Club (13+) 7:45 – 8:30 pm	

Beginners = Basic Program

- Level 1: Li'l Ninjas (K, 1st) have their designated class but can come to Family Beginners
- Level 1: Family Beginners is for White, Yellow and Orange Belts (7+) and their parents.
- Students can stay in the Family Basic Program as long as they want but it's for Beginners.

Black Belt Club and Master's Club is for special nomination students only.

- Level 2: Black Belt Club training program that adds special training on Wed/Thursday.
- Level 3: Masters Club training program for Teens and Adults and adds special training.

Leadership Class is

- Level 4: STORM is for Black Belt Youth (10-14 years old)
- Level 5: CIT (Certified Instructor Training) is for Black Belt Adults (15+)

What do I need to bring to class each day?

- Monday & Tuesday (*Forms, Fitness, Targets and Breaking*)
 - Full Tae Kwon Do uniform + Belt
 - Practice Boards
- Wednesday & Thursday (*Combination Exercises and Sparring*)
 - Hero T-shirt (*tucked in*) + Belt
 - Arms and Leg Pads
 - Water Bottle and Sports Towel

Health Policy: If you are running a fever, diarrhea or vomiting in the last 24 hours, please stay home and get well. Attend Open Session.