

Park Institute of Taekwondo / Illinois

Greater Peoria Family YMCA

7000 North Fleming Lane

Peoria, Illinois 61614

YMCA: 309-692-7631

Class Schedule

Time	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 9:00 AM					Adult All Ranks
9:05 - 10:05 AM					Sparring All Ages All Ranks
10:10 - 11:10 AM					Children All Ranks
6:25 - 7:25 PM	All Ages All Ranks	Black Belt	All Ages All Ranks	Children All Ranks	
7:35 - 8:35 PM	Children 10 - 7 Gup	Adult All Ranks	Children 6 Gup & up	Adult All Ranks	

Children's classes - ages 11 and under

Adult classes - ages 12 and higher

Taekwondo Ranks:

10th Gup - White Belt (Beginning Rank)

9th Gup - White Belt / Yellow Stripe

8th Gup - Yellow Belt

7th Gup - Yellow Belt / Green Stripe

6th Gup - Green Belt

5th Gup - Green Belt / Blue Stripe

4th Gup - Blue Belt

3rd Gup - Blue Belt / Red Stripe

2nd Gup - Red Belt

1st Gup - Red Belt / Black Stripe

Recommended Black Belt - Black & Red

1st Dan - Black Belt through 9th Dan - Black Belt

All school age children must achieve B's or better in their school work to apply for the Black Belt test

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