



The Park Institute of Taekwondo, Inc.
 3004 E. Frontage Rd. Hwy 52 North
 P.O. Box 6065, Rochester, MN 55903
 Phone (507)288-9000



Class Schedule

Day Time(pm)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:05 to 12:55	<i>All Ranks</i>		<i>All Ranks</i>		<i>All Ranks</i>	9:00AM to 10:00AM Forms Class
5:15 to 6:00		Children 10 - 7 Gup	4:15 to 5:25 Demo Team Practice	Children 6 Gup - Up	4:15 to 5:25 Demo Team Practice	10:00AM to 11:00AM Sparring Class
5:30 to 6:30	All Ages <i>6 Gup - Up</i>		All Ages <i>10 - 7 Gup</i>		All Ages <i>10 - 2 Gup</i>	11AM to 12PM Tournament Sparring*
6:00 to 6:45		Children 6 Gup - Up		Children 10 - 7 Gup		*Attendance at this class must be approved by the instructor.
6:50 to 7:50	All Ages <i>10 - 7 Gup</i>	Adults <i>All Ranks</i>	All Ages <i>6 Gup - Up</i>	Adults <i>All Ranks</i>	All Ages <i>1 gup & BB</i>	

Children's class - ages 10 and under

Adult's class - ages 11 and up

Taekwondo Ranking system governed by the Park Institute

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 - Probational Stage as a Black Belt

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

*** All school-age children must get **B** or better grades in school to apply for the Black Belt Test. ***