

Academy of Tae Kwon Do DBA Park Institute of Tae Kwon Do
3155 Wellner Dr NE. Rochester, MN
507.322.6242

Park Institute Class Schedule - Effective March 17, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 - 4:50 Little Dragons	4:30 - 4:50 Little Dragons		4:30 - 4:50 Little Dragons	4:30 - 4:50 Little Dragons	8:00 - 8:30 Advanced Self Defence
5:00 - 5:30 All Ages Level I	5:00 - 5:30 Youth I	5:00 - 5:45 Youth II & III	5:00 - 6:00 Youth All Ranks	5:00 - 5:45 Adult I & II / Cadets II	8:30 - 9:00 Beginners Self Defense
5:30 - 6:15 All Ages Levels II	5:30 - 6:00 Cadets I	5:45 - 6:15 Cadet I	6:00 - 7:00 Cadet & Adult All Ranks	5:45 - 6:15 Youth & Cadet I	9:15 - 10:15 Forms (All Ages and Ranks)
6:15 - 7:00 All Ages Levels III	6:00 - 6:45 Youth & Cadet II	6:15 - 6:45 Youth I	7:00 - 8:00 Competition Team	6:15 - 7:00 Youth II & III	10:30 - 11:30 Sparring (All Ages and Ranks)
7:00 - 7:30 RB Forms	6:45 - 7:30 Youth & Cadet III	6:45 - 7:30 Cadet II & III		7:00 - 8:00 Cadet & Adult III	11:30 - 12:30 Competition Team
7:30 - 8:30 Black Belts	7:30 - 8:30 Adults	7:30 - 8:30 Adults			

Tae Kwon Do Gups (Ranks)

10th Gup - White Belt
9th Gup - Yellow Stripe
8th Gup - Yellow Belt
7th Gup - Green Stripe
6th Gup - Green Belt
5th Gup - Blue Stripe
4th Gup - Blue Belt
3rd Gup - Red Stripe
2nd Gup - Red Belt
1st Gup - Black Stripe
RB - Recommended Black Belt
BB - Black Belt

Park Institute Age Groupings

Little Dragons: 6 and under
Youth: 9 and under
Cadets: 10-14
Adults: 15 and over

Park Institute Level Groupings

I: Beginners (7-10 Gup)
II: Intermediate (6-3 Gup)
III: Advanced (2 Gup and Up)
Black Belts: RB and Up