

Master Huy Phan's Tri-City Taekwondo

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**"Take It
to Another Level!"**

Master Phan

- Award-Winning Children's Programs
- Inspiring Goal-Setting Youth Programs
- Great Beginner & Advanced Adult Programs
- Develop Self-Discipline and Confidence
- Learn Self-Defense and Build Self-Respect
- Strengthen Mind and Body
- Have Fun!



**Virtual Zoom Class
Starting: June 9th**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
	Green & Blue Stripe 4:30-5:20	Tigers 1 White-Yellow Stripe 4:30-5:15	Green & Blue Stripe 4:30-5:20	Tigers 1 White-Yellow Stripe 4:30-5:15	
	Blue & Purple 5:30-6:20	Tiger 2 Yellow & Orange 5:30-6:15	Blue & Purple 5:30-6:20	Tiger 2 Yellow & Orange 5:30-6:15	
	Red & Black Stripe 6:30-7:20	Youth + White-Orange 6:30-7:20	Red & Black Stripe 6:30-7:20	Youth + White-Orange 6:30-7:20	
		Black Belt Club 7:30-8:20	*Private*	Black Belt Club 7:30-8:20	

Students may attend only those classes designed for their age and rank (i.e. senior belts cannot attend beginner classes and vice versa) unless permission has been given by one of the instructors.



Training 2x per week:

Tigers: Beginner, ages 4.5 – 6/7
Dragons: Intermediate, ages 10 and under
Youth: Ages 7 – 13
Adult: Ages 14 and over



Training 1x per week:

Olympic Sparring: By sign up
Demonstration Team: By sign up
Leadership Team: By invitation.
Krav Maga: Age 14 and over
Muay Thai: Age 14 and over
Youth Brazilian Jiu-Jitsu: Age 13 and under, all levels



At Tri-City Taekwondo, we believe in enhancing our community through personal development of each of our students. Our school provides a supportive and energetic environment in which our students can grow mentally and physically.

We inspire personal excellence, both within and outside of our Martial Arts School.



New to Martial Arts? Call us to book your free introductory lesson!