



JOHAN TAEKWONDO INSTITUTE (KOVAN)

TIME	MON	TUE	WED	THU	FRI	
3:15		Private lesson by Appointment	TAEKWON TOTS	TAEKWON TOTS	Private lesson by Appointment	
4:00		ALL LEVELS	ALL LEVELS	ALL LEVELS	ALL LEVELS	
5:00	CLOSED	ALL LEVELS	ALL LEVELS	ALL LEVELS	COMP. SPARRING LIGHT SPARRING	
6:00		ALL LEVELS	COMPETITION SPARRING	COMP. SPARRING LIGHT SPARRING	TAEKWON TOTS	
7:00		Private lesson by Appointment		Private lesson by Appointment		COMPETITION POOMSAE
7:30		ADULTS ALL LEVELS	COMPETITION POOMSAE	TEENS & ADULTS ALL LEVELS		

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TIME	SAT	SUN
10:15	TAEKWON TOTS	TAEKWON TOTS
11:00	ALL LEVELS	ALL LEVELS
12:00	ALL LEVELS	ALL LEVELS
1:00	Private lesson by Appointment	Private lesson by Appointment
1:30	COMP. SPARRING LIGHT SPARRING	ALL LEVELS
2:30	ALL LEVEL BLACK BELT (KIDS)	COMP. SPARRING LIGHT SPARRING
3:30	ALL LEVELS	ALL LEVELS
4:30	TEST PREPRATI ON COMP. POOMSAE	TEENS & ADULTS ALL LEVELS
5:30	EVENT	TEENS & ADULTS SPARRING

ABOUT OUR CLASSES

At the JH Kim Taekwondo Institute - Kovan, our classes are carefully. Designed to cater to the learning & training needs of our students.

Each class is Colour - coded to represent a particular category of class that is age, level or

TaeKwon Tots : For children between the age of 3 and 5

All levels : Recreational enrichment for children between the ages of 6 and 14. Class are further sub-categorised by topic

Teens : Martial arts classes for teenagers between the ages of 11 and 16

Adults : Martial arts classes for adults. With the approval of the Head Instructor, teens who are 15 and older may also participate in these classes. Each class covers a specific area of specialisation.

Competition Sparring Training : By selection

Competition Poomsae Training : By selection

Private Lesson : By appointment

Light sparring: Allow students to try out their Taekwondo sparring skills in a safe and controlled environment

Black belt : This classes specially focus on application of techniques to self-defence situations, as well as introduce children to traditional forms.

Events : Internal Events is for our Grading Preparation Workshop, Black Belt Presentation, Chapter Test & Adults Internal Grading & others