



# TAEKWONDO

## Niceville Location

(850) 729-2821

699 John Sims Pkwy. West  
Niceville Fl. 32578

Join Our Email List:

[palmerata@gmail.com](mailto:palmerata@gmail.com)

Visit Our Web Page:

[www.ataexpress.net](http://www.ataexpress.net)

Talk To Us On Facebook:

Palmer's ATA Taekwondo

### MONDAY

	<u>Time</u>	<u>Rank</u>
Juniors	4:45-5:30	White - Green
	5:30-6:15	*Specialty Class
	6:15-7:00	Purple - Black
Teen/Adults	11:00-12:00	Mixed
	7:00-8:00	Mixed

### TUESDAY

	<u>Time</u>	<u>Rank</u>
Juniors	4:30-5:00	Tiny Tigers
	5:00-5:45	Purple - Black
	5:45-6:30	White - Green
Teens	6:30-7:15	Mixed Age 12-16
Adults	7:15-8:15	Mixed

### WEDNESDAY

	<u>Time</u>	<u>Rank</u>
Juniors	4:30-5:00	BBC / MC Tiny Tigers
	5:00-5:45	*Specialty Class
	5:45-6:15	Leadership
Teen/Adults	11:00-12:00	Mixed
	5:45-6:15	Leadership
	6:15-7:15	*Specialty Class

### THURSDAY

	<u>Time</u>	<u>Rank</u>
Juniors	4:30-5:00	Tiny Tigers
	5:00-5:45	White - Green
	5:45-6:30	Purple - Black
Teens	6:30-7:15	Mixed Age 12-16
Adults	7:15-8:15	Mixed

\* Specialty Classes are for BBC & MC members and focus on Sparring, Board Breaking, Weapons and Ground Defense

#### My Class Times Are:

Monday:

Wednesday:

- ☺ Bow to others showing **RESPECT**
- ☺ Shake hands showing **COURTESY**
- ☺ Be quiet during class showing **DISCIPLINE**

Tuesday:

Thursday:

- ☺ Arrive to class on time showing **LOYALTY**
- ☺ Make good choices showing **SELF CONTROL**
- ☺ Attend required classes showing **PERSEVERANCE**

Effective 10/15/11 Subject to change