

2025 ILJIN TAEKOWNDO Tiong Bharu

| Time | Mon | Tue | Wed | Thu | Fri |
|------|----------------------------------|------------------------|----------|------------------------|----------|
| 3pm | C L O S E | Tots | Tots | Tots | Tots |
| 4pm | | Kids | Kids | Kids | Kids |
| 5pm | | Sparring | Sparring | Sparring | Sparring |
| 6pm | | All | All | All | All |
| 7pm | | Teens/Adults | | Teens/Adults | |
| 8pm | | Teens/Adult (sparring) | | Teens/Adult (sparring) | |

| Time | Sat | Sun |
|------|-------------------------|------------------------|
| 10am | Tots | Tots |
| 11am | Kids | Kids |
| 12pm | Sparring | Sparring |
| 1pm | Tots | Tots |
| 2pm | Kids | Kids |
| 3pm | Sparring | Sparring |
| 4pm | Teens/Adults | Teens/Adults |
| 5pm | Teens/Adults (sparring) | Teens/Adult (sparring) |

Tots

(4 to 6 years old)

Taekwondo is based on traditional values, that train discipline, focus, and most importantly, instil respect. Your little ones will also learn coordination, balance, and being confident in themselves. This will greatly benefit them in the long run when they grow up!

Kids

(7 to 12 years old)

As your child grows up, ILJIN Taekwondo will train your child to concentrate, and learn the value of hard work. Your child will develop a strong mind, strong body, and cultivate a level of respect that only martial arts can instil. Our friendly instructors strive to motivate and engage you to train your child to their fullest potential. At this age, your child would be able to set goals for themselves and aspire to achieve them.

Teens/Adults

(13 years old & Above)

Taekwondo will train you to be physically fit. As a form of exercise, Taekwondo trains your posture, muscle development, stamina, and increases your flexibility. This is a fantastic way to stay healthy and learn how to defend yourself. Taekwondo also increases your self-esteem, confidence, and can reduce stress. Joining Taekwondo also expands your circle of friends, ensuring that you will have like-minded people around you for support!

