

WHITE TIGER MARTIAL ARTS



White Tiger Martial Arts is located in Portland, Oregon and is open to students as young as 4, but even adults in their 40's and 50's have taken classes and benefited from the healthy exercise offered by Taekwon-Do. The classes are taught in community centers to reduce the cost for students, making it a highly affordable program. Despite this reduced cost, students from our program have attended tournaments with five or more martial art schools competing and have earned gold medals and on numerous occasions won the grand champion awards. The core instruction in this program is based on Taekwon-Do, a Korean martial art similar to Karate that uses kicks, blocks, strikes and punches as a means of self-defense. Some traditional Taekwon-Do schools stick rigidly to the moves developed by the original Masters who created Taekwon-Do. White Tiger Martial Arts follows a different approach, incorporating moves from Karate, Judo and Aikido. While self-defense is a core goal of our program, the moves we practice are never used to injure our training partner or hurt others. Self-defense truly means self-defense, not violent aggression or the training of bullies. We practice non - contact sparring, cooperation with those we train with, and helping others to learn in a supportive, rather than an overly competitive environment. Self-defense requires self-control and an underlying respect for others. Learning to protect oneself does not require that we seek to harm others.

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Home

Two and Three Step Sparring & Knife Defenses

Ho Sin Suls

Tests

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There are a variety of classes arranged by age and the experience of the students, starting with classes for students with no prior knowledge of Taekwon-Do and moving to classes for students who have completed Beginning Classes or who are continuing their training. Students with sufficient experience may test for higher ranks. All tests are free, but a new belt costs \$5.00. **STUDENTS ENTERING CLASSES AFTER THE FIRST LESSON, ONLY PAY FOR THE REMAINING CLASSES IN THE TERM. If a student misses a class for any reason (illness, vacation, etc.), they may take a FREE make up class at a different time at any location. For instance, miss two Intermediate classes because you went on vacation, do two make up classes for free before or after you return from vacation.**

Uniforms are not required, but are available and may be purchased from the instructor. Light weight uniforms cost \$20.00 Medium weight uniforms cost \$25.00.

TOTS CLASSES: For students 4, 5, or 6 years of age who have never taken Taekwon-Do before. This class is geared for younger students. A small number of basic moves are taught in a manner that is gradual and cumulative. The class is taught in a disciplined, but supportive environment with emphasis on paying attention, courtesy, and self-control.

TOUGH TOTS CLASSES: Students who have completed the TOTS class, may take this more advanced class for students who are 4, 5, or 6 Years old. Tests are given at the end of each term. When a student completes a sufficient number of tests (5), they may advance to the INTERMEDIATE class.

BEGINNING CLASSES: Students 6 through Seniors may take this class. This class is designed for students with no prior knowledge of Taekwon-Do and teaches basic moves, but at a more accelerated rate than the TOTS classes and in a manner geared for older students. Families with both adults and children are welcome to take the class together. Students who successfully complete this class may move onto the INTERMEDIATE class.

INTERMEDIATE CLASSES: Students who have successfully completed the BEGINNING class, may sign up for INTERMEDIATE classes. These class continues training, adding new moves not taught in the BEGINNING classes as well as non-contact sparring. Students who learn sufficient skills, may test for higher ranks.

ADVANCED CLASS: Students who are Yellow Belt and above may take this more advanced version of the INTERMEDIATE class.

BROWN BELT TO BLACK BELT CLASS: Students who are Brown Belt (3 RD Gup) or above may take a class limited to higher rank students. In this class, students do more advanced techniques.

SPARRING AND DEMO CLASS: This class teaches strategies of sparring, holds sparring drills, and practices tournament style sparring. Demonstrations, as a tournament event, are also taught. Any INTERMEDIATE level student may take this class.

SCROLL DOWN FOR CLASS SCHEDULES

BEGINNING CLASSES ONLY

FALL TAEKWONDO CLASSES
NO CLASSES NOV 10, NOV 23, NOV 24

*EAST PORTLAND COMMUNITY CENTER, 740 106TH, PORTLAND, OR 97216 Phone 503 823-3450

BEGINNING	6 & UP	WED 4:00 – 5:00 pm	OCT 11 – DEC 13	\$35	1075743
BEGINNING	6 & UP	WED 7:15 – 8:15 pm	OCT 11 – DEC 13	\$35	1075746
TOTS	4 – 6 Yr	FRI 3:00 – 3:45 pm	OCT 13 – DEC 15	\$22.50	1075747
BEGINNING	6 & UP	FRI 4:30 – 5:30 pm	OCT 13 – DEC 15	\$35	1075749
TOTS	4 – 6 Yr	FRI 6:30 – 7:15 pm	OCT 13 – DEC 15	\$22.50	1075752
BEGINNING	6 & UP	FRI 7:15 – 8:15 pm	OCT 13 – DEC 15	\$35	1075753

*MT SCOTT COMMUNITY CENTER 5530 SE 72nd, Portland, OR 97206 Phone 503 823 – 3183

TOTS	4 – 6 Yr	TUE 3:00 – 3:30 pm	OCT 3 – OCT 31	\$17.50	1076202
TOTS	4 – 6 Yr	TUE 3:00 – 3:30 pm	NOV 7 – DEC 5	\$17.50	1077672
BEGINNING	6 – Up	TUE 4:00 – 5:00 pm	OCT 3 – DEC 5	\$35.00	1077683
BEGINNING	6 – Up	TUE 7:30 – 8:30pm	OCT 3 – DEC 5	\$35.00	1077684
TOTS	4 – 6 Yr	THUR 3:00 – 3:30 pm	OCT 5 – NOV 2	\$17.50	1076203
TOTS	4 – 6 Yr	THUR 3:00 – 3:30 pm	NOV 9 – DEC 7	\$17.50	1077673
BEGINNING	6 – Up	THUR 4:00 – 5:00 pm	OCT 5 – DEC 7	\$31.50	1077685
BEGINNING	6 – Up	THUR 7:30 - 8:30 pm	OCT 5 – DEC 7	\$31.50	1077686

*MONTAVILLA COMMUNITY CENTER, 8219 NE Glisan, Portland, OR 97220 Phone 503 823 – 4101

TOTS	4 – 6 Yr	SAT 9:15 – 10:00 am	OCT 7 – DEC 9	\$27.50	1076605
BEGINNING	6 & UP	SAT 11:00 – 12:00 pm	OCT 7 – DEC 9	\$35.00	1076601

FALL TAEKWONDO CLASSES
 NO CLASSES NOV 10, NOV 23, NOV 24

*EAST PORTLAND COMMUNITY CENTER, 740 106TH, PORTLAND, OR 97216 Phone 503 823-3450

INTERMEDIATE	6 & UP	Mon	6:15 – 7:15 pm	OCT 9 – DEC 11	\$35	1075742
BEGINNING	6 & UP	WED	4:00 – 5:00 pm	OCT 11 – DEC 13	\$35	1075743
INTERMEDIATE	6 & UP	WED	5:00 – 6:00 pm	OCT 11 – DEC 13	\$35	1075744
INTERMEDIATE	6 & UP	WED	6:15 – 7:15 pm	OCT 11 – DEC 13	\$35	1075745
BEGINNING	6 & UP	WED	7:15 – 8:15 pm	OCT 11 – DEC 13	\$35	1075746
TOTS	4 – 6 Yr	FRI	3:00 – 3:45 pm	OCT 13 – DEC 15	\$22.50	1075747
TOUGH TOTS	4 – 6 Yr	FRI	3:45 – 4:30 pm	OCT 13 – DEC 15	\$28	1075748
BEGINNING	6 & UP	FRI	4:30 – 5:30 pm	OCT 13 – DEC 15	\$35	1075749
INTERMEDIATE	6 & UP	FRI	5:30 – 6:30 pm	OCT 13 – DEC 15	\$35	1075750
TOTS	4 – 6 Yr	FRI	6:30 – 7:15 pm	OCT 13 – DEC 15	\$22.50	1075752
TOUGH TOTS	4 – 6 Yr	FRI	6:30 – 7:15 pm	OCT 13 – DEC 15	\$28	1075751
BEGINNING	6 & UP	FRI	7:15 – 8:15 pm	OCT 13 – DEC 15	\$35	1075753

*MT SCOTT COMMUNITY CENTER 5530 SE 72nd, Portland, OR 97206 Phone 503 823 – 3183

TOTS	4 – 6 Yr	TUE	3:00 – 3:30 pm	OCT 3 – OCT 31	\$17.50	1076202
TOTS	4 – 6 Yr	TUE	3:00 – 3:30 pm	NOV 7 – DEC 5	\$17.50	1077672
TOUGH TOTS	4 – 6 Yr	TUE	3:30 – 4:00 pm	OCT 3 – OCT 31	\$17.50	1076200
TOUGH TOTS	4 – 6 Yr	TUE	3:30 – 4:00 pm	NOV 7 – DEC 5	\$17.50	1077670
BEGINNING	6 – Up	TUE	4:00 – 5:00 pm	OCT 3 – DEC 5	\$35.00	1077683
INTERMEDIATE	6 – Up	TUE	5:00 – 6:00 pm	OCT 3 – DEC 5	\$35.00	1077687
INTERMEDIATE	6 – Up	TUE	6:15 – 7:15 pm	OCT 3 – DEC 5	\$35.00	1077688
BEGINNING	6 – Up	TUE	7:30 – 8:30pm	OCT 3 – DEC 5	\$35.00	1077684
TOTS	4 – 6 Yr	THUR	3:00 – 3:30 pm	OCT 5 – NOV 2	\$17.50	1076203
TOTS	4 – 6 Yr	THUR	3:00 – 3:30 pm	NOV 9 – DEC 7	\$17.50	1077673
TOUGH TOTS	4 – 6 Yr	THUR	3:30 – 4:00 pm	OCT 5 – NOV 2	\$17.50	1076201
TOUGH TOTS	4 – 6 Yr	THUR	3:30 – 4:00 pm	NOV 9 – DEC 7	\$17.50	1077671
BEGINNING	6 – Up	THUR	4:00 – 5:00 pm	OCT 5 – DEC 7	\$31.50	1077685
INTERMEDIATE	6 – Up	THUR	5:00 – 6:00 pm	OCT 5 – DEC 7	\$31.50	1077689
INTERMEDIATE	6 – Up	THUR	6:30 – 7:30 pm	OCT 5 – DEC 7	\$31.50	1077690
BEGINNING	6 – Up	THUR	7:30 - 8:30 pm	OCT 5 – DEC 7	\$31.50	1077686

*MONTAVILLA COMMUNITY CENTER, 8219 NE Glisan, Portland, OR 97220 Phone 503 823 – 4101

TOTS	4 – 6 Yr	SAT	9:15 – 10:00 am	OCT 7 – DEC 9	\$27.50	1076605
INTERMEDIATE	6 & UP	SAT	10:00 – 11:00 am	OCT 7 – DEC 9	\$35.00	1076602
BEGINNING	6 & UP	SAT	11:00 – 12:00 pm	OCT 7 – DEC 9	\$35.00	1076601
NEXT STEPS	4 – 6 Yr	SAT	12:00 – 12:45pm	OCT 7 – DEC 9	\$27.50	1076604

BROWN –BLACK BELTS SAT 1:00 – 2:00 pm OCT 7 – DEC 9 \$35 1076600
ADVANCED 6 & UP SAT 2:15 – 3:15 pm OCT 7 – DEC 9 \$35 1076603

DROP-IN CLASSES: Between terms, classes are sometimes scheduled for Intermediate level students. For each class, students pay \$3.50 at the front desk, get a receipt and bring it to the teacher. Students may attend one class, two classes, three classes, four classes or wait until the next term.

*EAST PORTLAND COMMUNITY CENTER, 740 SE 106th, Portland, OR 97216 Phone 503 823-3450

MT SCOTT COMMUNITY CENTER 5530 SE 72nd, Portland, OR 97206 Phone 503 823 – 3183

PROMOTION TESTS OCCUR THE FIRST FULL WEEKEND (SATURDAY AND SUNDAY) of each month.

SATURDAY TESTS start at **4:30pm** at MT SCOTT COMMUNITY CENTER 5530 SE 72nd, Portland, OR 97206 Phone 503 823 – 3183. Tests are free, but belts cost \$5.00.

SUNDAY TESTS Those who cannot attend the Saturday Tests, may test on Sunday at EAST PORTLAND COMMUNITY CENTER, 740 106TH, PORTLAND, OR 97216 Ph 503 823-3450, during the **9 – 11 am** class

SAT OCT 7 (4:30PM)	SAT NOV 4, 2017 (4:30PM)	SAT DEC 2, 2017 (4:00PM)
SUN OCT 8 (9:00AM)	SUN Nov 5, 2017 (9:00pm)	SUN DEC 3, 2017 (9:00PM)

Tip tests and Pretest can sometimes be given in class, but more time is available on most Saturdays after the 10 – 11 am class. On Sundays at East Portland Community Center during or after the 9 – 11 am class. On Mondays at East Portland during or after the 6:15 – 7:15 pm class.

SUNDAY CLASSES: Sunday classes are open to any INTERMEDIATE level student. The Sunday class meets at East Portland Community Center from 9:00 am to 11:00 am. Currently the class meets in the gym. Sunday classes are FREE for students who have signed up for any current Intermediate class.

STUDENTS ENTERING CLASSES AFTER THE FIRST LESSON, ONLY PAY FOR THE REMAINING CLASSES. If a student misses a class for any reason (vacation, illness, etc.), they may take a free make up class.

WEBSITE: WWW.TAEKWONDO-WHITETIGERMA.COM