

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.

This website is laid out in the following manner:

HOME PAGE

White Tiger Logo	page 1
Introductory Information	pages 1 – 2
Beginning Winter classes	page 3
Winter Classes (All classes)	pages 4 – 5

Other Pages: UNDER THE HEADER AT THE TOP OF THE WEBSITE.

Home

Two and Three Step Sparring & Knife Defenses

Ho Sin Suls

Tests

Forms - Hyungs

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

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

BEGINNING	6 & UP	WED	4:00 – 5:00 pm	JAN 10 – MAR 21	\$38.50	1078619
BEGINNING	6 & UP	WED	7:15 – 8:15 pm	JAN 10 – MAR 21	\$38.50	1078620
TOTS	4 – 6 Yr	FRI	3:00 – 3:45 pm	JAN 12 – MAR 23	\$31	1078610
BEGINNING	6 & UP	FRI	4:30 – 5:30 pm	JAN 12 – MAR 23	\$38.50	1078605
TOTS	4 – 6 Yr	FRI	6:30 – 7:15 pm	JAN 12 – MAR 23	\$31	1078611
BEGINNING	6 & UP	FRI	7:15 – 8:15 pm	JAN 12 – MAR 23	\$38.50	1078606

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

TOTS	4 – 6 Yr	TUE	3:00 – 3:30 pm	JAN 9 – FEB 6	\$17.50	1079638
TOTS	4 – 6 Yr	TUE	3:00 – 3:30 pm	FEB 13 – MAR 13	\$17.50	1079693
BEGINNING	6 – Up	TUE	4:00 – 5:00 pm	JAN 9 – MAR 13	\$35.00	1079709
*BEGINNING	6 – Up	TUE	7:30 – 8:30pm	JAN 9 – MAR 13	\$35.00	1079710
TOTS	4 – 6 Yr	THUR	3:00 – 3:30 pm	JAN 11 – FEB 8	\$17.50	1079639
TOTS	4 – 6 Yr	THUR	3:00 – 3:30 pm	FEB 15 – MAR 15	\$17.50	1079694
BEGINNING	6 – Up	THUR	4:00 – 5:00 pm	JAN 11 – MAR 15	\$35	1079711
BEGINNING	6 – Up	THUR	7:30 - 8:30 pm	JAN 11 – MAR 15	\$35	1079712

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

TOTS	4 – 6 Yr	SAT	9:15 – 10:00 am	JAN 13 – MAR 17	\$27.50	1078226
BEGINNING	6 & UP	SAT	11:00 – 12:00 pm	JAN 13 – MAR 17	\$35.00	1078222

***THIS CLASS MEETS DOWNSTAIRS IN THE RINGSIDE ROOM.**

SCROLL DOWN FOR ALL WINTER CLASSES

WINTER TAEKWONDO CLASSES
NO CLASSES JAN 15, FE 19

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

INTERMEDIATE	6 & UP	Mon	6:15 – 7:15 pm	JAN 8 – MAR 19	\$31.50	1078621
BEGINNING	6 & UP	WED	4:00 – 5:00 pm	JAN 10 – MAR 21	\$38.50	1078619
INTERMEDIATE	6 & UP	WED	5:00 – 6:00 pm	JAN 10 – MAR 21	\$38.50	1078622
INTERMEDIATE	6 & UP	WED	6:15 – 7:15 pm	JAN 10 – MAR 21	\$38.50	1078623
BEGINNING	6 & UP	WED	7:15 – 8:15 pm	JAN 10 – MAR 21	\$38.50	1078620
TOTS	4 – 6 Yr	FRI	3:00 – 3:45 pm	JAN 12 – MAR 23	\$31	1078610
NEXT STEPS	4 – 6 Yr	FRI	3:45 – 4:30 pm	JAN 12 – MAR 23	\$31	1078608
BEGINNING	6 & UP	FRI	4:30 – 5:30 pm	JAN 12 – MAR 23	\$38.50	1078605
INTERMEDIATE	6 & UP	FRI	5:30 – 6:30 pm	JAN 12 – MAR 23	\$38.50	1078623
TOTS	4 – 6 Yr	FRI	6:30 – 7:15 pm	JAN 12 – MAR 23	\$31	1078611
NEXT STEPS	4 – 6 Yr	FRI	6:30 – 7:15 pm	JAN 12 – MAR 23	\$31	1078609
BEGINNING	6 & UP	FRI	7:15 – 8:15 pm	JAN 12 – MAR 23	\$38.50	1078606

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

TOTS	4 – 6 Yr	TUE	3:00 – 3:30 pm	JAN 9 – FEB 6	\$17.50	1079638
TOTS	4 – 6 Yr	TUE	3:00 – 3:30 pm	FEB 13 – MAR 13	\$17.50	1079693
TOUGH TOTS	4 – 6 Yr	TUE	3:30 – 4:00 pm	JAN 9 – FEB 6	\$17.50	1079636
TOUGH TOTS	4 – 6 Yr	TUE	3:30 – 4:00 pm	FEB 13– MAR 13	\$17.50	1079691
BEGINNING	6 – Up	TUE	4:00 – 5:00 pm	JAN 9 – MAR 13	\$35.00	1079709
INTERMEDIATE	6 – Up	TUE	5:00 – 6:00 pm	JAN 9 – MAR 13	\$35.00	1079713
INTERMEDIATE	6 – Up	TUE	6:15 – 7:15 pm	JAN 9 – MAR 13	\$35.00	1079714
BEGINNING	6 – Up	TUE	7:30 – 8:30pm	JAN 9 – MAR 13	\$35.00	1079710
TOTS	4 – 6 Yr	THUR	3:00 – 3:30 pm	JAN 11 – FEB 8	\$17.50	1079639
TOTS	4 – 6 Yr	THUR	3:00 – 3:30 pm	FEB 15 – MAR 15	\$17.50	1079694
TOUGH TOTS	4 – 6 Yr	THUR	3:30 – 4:00 pm	JAN 11 – FEB 8	\$17.50	1079637
TOUGH TOTS	4 – 6 Yr	THUR	3:30 – 4:00 pm	FEB 15 – MAR 15	\$17.50	1079692
BEGINNING	6 – Up	THUR	4:00 – 5:00 pm	JAN 11 – MAR 15	\$35	1079711
INTERMEDIATE	6 – Up	THUR	5:00 – 6:00 pm	JAN 11 – MAR 15	\$35	1079715
INTERMEDIATE	6 – Up	THUR	6:30 – 7:30 pm	JAN 11 – MAR 15	\$35	1079716
BEGINNING	6 – Up	THUR	7:30 - 8:30 pm	JAN 11 – MAR 15	\$35	1079712

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

TOTS	4 – 6 Yr	SAT	9:15 – 10:00 am	JAN 13 – MAR 17	\$27.50	1078226
INTERMEDIATE	6 & UP	SAT	10:00 – 11:00 am	JAN 13 – MAR 17	\$35.00	1078223
BEGINNING	6 & UP	SAT	11:00 – 12:00 pm	JAN 13 – MAR 17	\$35.00	1078222
NEXT STEPS	4 – 6 Yr	SAT	12:00 – 12:45pm	JAN 13 – MAR 17	\$27.50	1078225

BROWN –BLACK BELTS	SAT	1:00 – 2:00 pm	JAN 13 – MAR 17	\$35	1078221
ADVANCED 6 & UP	SAT	2:15 – 3:15 pm	JAN 13 – MAR 17	\$35	1078224

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

INTERMEDIATE	FRIDAY	6:15 – 7:15PM	Dec 29, 2017	\$3.50
INTERMEDIATE	FRIDAY	6:15 – 7:15PM	Jan 5, 2018	\$3.50

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

INTERMEDIATE	TUESDAY	6:15 – 7:15PM	Dec 19, 2017	\$3.50
INTERMEDIATE	TUESDAY	6:15 – 7:15PM	Dec 26, 2017	\$3.50
INTERMEDIATE	TUESDAY	6:15 – 7:15PM	Jan 2, , 2018	\$3.50

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 JAN 6 (4:30PM)	SAT FEB 3, 2018 (4:30PM)	SAT MAR 3, 2018 (4:30PM)
SUN JAN 7 (9:00AM)	SUN FEB 4, 2018 (9:00AM)	SUN MAR 4, 2018 (9:00AM)

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