

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 a 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.

Contact

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 CLASSES

BEGINNING CLASSES ONLY

WINTER TAEKWONDO CLASSES

NO CLASS JAN 18

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

BEGINNING	6 & UP	WED	4:00 – 5:00 pm	JAN 6 – MAR 9	\$35	1041087
BEGINNING	6 & UP	WED	7:15 – 8:15 pm	JAN 6 – MAR 9	\$35	1041088
TOTS	4 – 6 Yr	FRI	3:00 – 3:45 pm	JAN 8 – MAR 11	\$28	1041101
BEGINNING	6 & UP	FRI	4:30 – 5:30 pm	JAN 8 – MAR 11	\$35	1041089
TOTS	4 – 6 Yr	FRI	6:30 – 7:15 pm	JAN 8 – MAR 11	\$28	1041102
BEGINNING	6 & UP	FRI	7:15 – 8:15 pm	JAN 8 – MAR 11	\$35	1041090

*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 12 – FEB 9	\$17.50	1042349
TOTS	4 – 6 Yr	TUE	3:00 – 3:30 pm	FEB 16 – MAR 15	\$17.50	1042353
BEGINNING	6 – Up	TUE	4:00 – 5:00 pm	JAN 12 – MAR 15	\$35	1042339
BEGINNING	6 – Up	TUE	7:30 – 8:30pm	JAN 12 – MAR 15	\$35	1042340
TOTS	4 – 6 Yr	THUR	3:00 – 3:30 pm	JAN 14– FEB 11	\$17.50	1042350
TOTS	4 – 6 Yr	THUR	3:00 – 3:30 pm	FEB 18 – MAR 17	\$17.50	1042354
BEGINNING	6 – Up	THUR	4:00 – 5:00 pm	JAN 14 – MAR 17	\$35	1042341
BEGINNING	6 – Up	THUR	7:30 - 8:30 pm	JAN 14 – MAR 17	\$35	1042342

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

TOTS	4 – 6 Yr	SAT	9:15 – 10:00 am	JAN 9 – MAR 12	\$27.50	1041140
BEGINNING	6 & UP	SAT	11:00 – 12:00 pm	JAN 9 – MAR 12	\$35	1041141

WINTER TAEKWONDO CLASSES

NO CLASS JAN 18

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

INTERMEDIATE 6 & UP Mon 6:15 – 7:15 pm JAN 4 – MAR 14 \$35 1041091

BEGINNING 6 & UP WED 4:00 – 5:00 pm JAN 6 – MAR 9 \$35 1041087

INTERMEDIATE 6 & UP WED 5:00 – 6:00 pm JAN 6 – MAR 9 \$35 1041092

INTERMEDIATE 6 & UP WED 6:15 – 7:15 pm JAN 6 – MAR 9 \$35 1041093

BEGINNING 6 & UP WED 7:15 – 8:15 pm JAN 6 – MAR 9 \$35 1041088

TOTS 4 – 6 Yr FRI 3:00 – 3:45 pm JAN 8 – MAR 11 \$28 1041101

TOUGH TOTS 4 – 6 Yr FRI 3:45 – 4:30 pm JAN 8 – MAR 11 \$28 1041098

BEGINNING 6 & UP FRI 4:30 – 5:30 pm JAN 8 – MAR 11 \$35 1041089

INTERMEDIATE 6 & UP FRI 5:30 – 6:30 pm JAN 8 – MAR 11 \$35 1041094

TOTS 4 – 6 Yr FRI 6:30 – 7:15 pm JAN 8 – MAR 11 \$28 1041102

TOUGH TOTS 4 – 6 Yr FRI 6:30 – 7:15 pm JAN 8 – MAR 11 \$28 1043656

BEGINNING 6 & UP FRI 7:15 – 8:15 pm JAN 8 – MAR 11 \$35 1041090

*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 12 – FEB 9 \$17.50 1042349

TOTS 4 – 6 Yr TUE 3:00 – 3:30 pm FEB 16 – MAR 15 \$17.50 1042353

TOUGH TOTS 4 – 6 Yr TUE 3:30 – 4:00 pm JAN 12 – FEB 9 \$17.50 1042347

TOUGH TOTS 4 – 6 Yr TUE 3:30 – 4:00 pm FEB 16 – MAR 15 \$17.50 1042351

BEGINNING 6 – Up TUE 4:00 – 5:00 pm JAN 12 – MAR 15 \$35 1042339

INTERMEDIATE 6 – Up TUE 5:00 – 6:00 pm JAN 12 – MAR 15 \$35 1042343

INTERMEDIATE 6 – Up TUE 6:15 – 7:15 pm JAN 12 – MAR 15 \$35 1042344

BEGINNING 6 – Up TUE 7:30 – 8:30pm JAN 12 – MAR 15 \$35 1042340

TOTS 4 – 6 Yr THUR 3:00 – 3:30 pm JAN 14– FEB 11 \$17.50 1042350

TOTS 4 – 6 Yr THUR 3:00 – 3:30 pm FEB 18 – MAR 17 \$17.50 1042354

TOUGH TOTS 4 – 6 Yr THUR 3:30 – 4:00 pm JAN 14– FEB 11 \$17.50 1042348

TOUGH TOTS 4 – 6 Yr THUR 3:30 – 4:00 pm FEB 18 – MAR 17 \$17.50 1042352

BEGINNING 6 – Up THUR 4:00 – 5:00 pm JAN 14 – MAR 17 \$35 1042341

INTERMEDIATE 6 – Up THUR 5:00 – 6:00 pm JAN 14 – MAR 17 \$35 1042345

INTERMEDIATE 6 – Up THUR 6:30 – 7:30 pm JAN 14 – MAR 17 \$35 1042346

BEGINNING 6 – Up THUR 7:30 - 8:30 pm JAN 14 – MAR 17 \$35 1042342

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

TOTS 4 – 6 Yr SAT 9:15 – 10:00 am JAN 9 – MAR 12 \$27.50 1041140

INTERMEDIATE 6 & UP SAT 10:00 – 11:00 am JAN 9 – MAR 12 \$35 1041143

BEGINNING 6 & UP SAT 11:00 – 12:00 pm JAN 9 – MAR 12 \$35 1041141

NEXT STEPS 4 – 6 Yr SAT 12:00 – 12:45pm JAN 9 – MAR 12 \$27.50 1041142

BROWN –BLACK BELTS	SAT	1:00 – 2:00 pm	JAN 9 – MAR 12	\$35	1041148
ADVANCED 6 & UP	SAT	2:15 – 3:15 pm	JAN 9 – MAR 12	\$35	1041144

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

PROMOTION TESTS occur the FIRST FULL WEEKEND (SATURDAY AND SUNDAY) of each month.

SATURDAY TESTS start at 7:30pm 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 FEB 6 (7:30PM)	SAT MAR 5 (7:30PM)
SUN FEB 7 (9:00AM)	SUN MAR 6 (9:00AM)

Tip tests and Pretest can sometimes be given in class, but more time is available 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