

**Academy of Tae Kwon Do DBA Park Institute of Tae Kwon Do**  
**3155 Wellner Dr NE. Rochester, MN**  
**507.322.6242**

Park Institute Class Schedule - Effective September 1, 2024										
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Dojang A	Dojang B	Dojang A	Dojang B	Dojang A	Dojang B	Dojang A	Dojang B	Dojang A	Dojang B	Dojang B
5:30-5:50 Lil Dragons	5:00-5:30 Youth 7-10 Gup		5:00-5:45 Youth 6 Gup - BB	5:30-5:50 Little Dragons	5:00-5:45 Youth 6 Gup - BB	5:30-6:30 Comp Team + Demo Team	5:00-5:30 Youth 7-10 Gup		5:00-5:50 7-10 Gup All Ages	8:00-9:00 Self Defense
6:30-7:30 Green-Red Belts Technique and Test Prep	5:45-6:30 Youth 6 Gup - BB	6:30-6:50 Lil Dragons	6:00-6:30 Youth 7-10 Gup		6:00-6:30 Youth 7-10 Gup	6:30-6:50 Lil Dragons	5:45-6:30 Youth 6 Gup - BB	6:30-8:00 Open Dojang 2nd Dan and Up	6:00-6:50 6 Gup and Up All Ages	9:15-10:15 Forms
7:30-8:30 Adults	7:00-8:00 Black Belts		6:45-8:00 Adults		6:45-8:00 Adults		6:45-8:00 Adults		7:00-8:00 Open Dojang Red Belt and Up	10:30-11:30 Sparring
										11:30-12:30 Comp Team

Tae Kwon Do Gup (Rank) System
10th Gup - White Belt
9th Gup - Yellow Stripe
8th Gup - Yellow Belt
7th Gup - Green Stripe
6th Gup - Green Belt
5th Gup - Blue Stripe
4th Gup - Blue Belt
3rd Gup - Red Stripe
2nd Gup - Red Belt
1st Gup - Black Stripe
RB - Recommended Black Belt
BB - Black Belt (1st Dan and Up)

Park Institute Age Groupings
Lil Dragons: Ages 6 and under
Youth: Ages 7-11
Adults: Ages 12 and over

Other Notes
-Competition Team, Demo Team, and Weapons Classes are by invite only
-Dojang A is the right side of the building (Suite A)
-Dojang B is the dojang on the left side of the building (Suite B)
-Email Ms. Hussey at tarahussey@parkinstitutetkd.com with any questions.