

Kuk Sool Won™ Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
16:00	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers
	Tigers	Tigers	Tigers	Tigers	Tigers
17:00	Crane	Crane	Crane	Crane	Crane
	Mini Mantis/Mantis	Mini Mantis/Mantis	Mini Mantis/Mantis	Mini Mantis/Mantis	Mini Mantis/Mantis
18:00	Dragons	Dragons	Dragons	Dragons	Dragons
					Youth/Adult
19:00	Youth Black Belt	Advanced Youth/Adult	Beginner/Inter Youth/Adult	Youth/Adult	
	Youth/Adult			Youth/Adult JKN	
20:00	Adult Black Belt	Beginner/Inter Youth/Adult	Advanced Youth/Adult	KSN/PSBN	

	Friday
11:30	Adult
Saturday	
09:00	Beginner Family
10:00	Advanced Family
11:00	Intermediate Family
Sunday	
16:00	Family
17:00	Advanced Black Belt

	Wednesday South Bookham SPACE
18:00	Beginnner/Intermediate
19:00	Advanced

FITNESS: 1st Monday, 2nd Tuesday, 3rd Wednesday, 4th Thursday & 5th Friday of the month

The Super Six

TINY TIGERS



4-6 yrs White/
Yellow

TIGERS



6-8 yrs White/
Yellow

CRANES



9-12 yrs
White/
Yellow

MINI MANTIS



6-8 yrs
Blue/Red/
Brown

MANTIS



9-12 yrs
Blue/Red/
Brown

DRAGONS



12 yrs &
under
DBN/JKN



Notes on Belt Levels	
Beginner:	White Belt
Intermediate:	Yellow Belt to Brown Belt
Advanced:	DBN/Black Belt
Notes on Ages	
Junior:	Under 13
Youth:	13-17
Adult:	18+
Families:	All ages