



BERKELEY HGTS. CLASS SCHEDULE (February 2012)

396 Springfield Ave., Berkeley Heights, NJ 07922 TEL: (908) 771-5577 FAX: (908) 464-3355

Effective 2/01/12

DATE TIME	MONDAY (GOAL SETTING)	TUESDAY (DISCIPLINE)	WEDNESDAY (RESPECT)	THURSDAY (SELF CONTROL)	FRIDAY (ACHIEVEMENT)	SATURDAY (COOPERATION)
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The 20th Annual Talium Banquet on January 28th at "The Grove" was a great success enjoyed tremendously by all who attended. Thank you to all of our students and families for your great support in 2011. We look forward to a happy and healthy and successful 2012 to all!

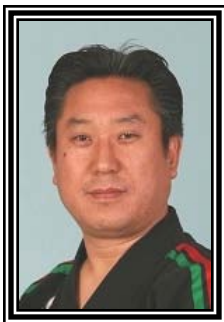
TIGERS 3:30-4:00PM	TIGERS (AGE 3-6)	Private Lesson	TIGERS (AGE 3-6)	Private Lesson	TIGERS (AGE 3-6)	10:00-11:00am TEEN/ ADULT	10:00-11:00am KARDIO KICK- BOXING
CHILDREN 4:00-4:45PM	NO/WHITE YELLOW	NO/WHITE YELLOW	NO - GREEN (Age 7 & up)	NO/WHITE YELLOW	NO/WHITE YELLOW	11:00 – 11:45 NO-YELLOW	
CHILDREN 4:45-5:30PM	ORANGE/ GREEN/BLUE	ORANGE/ GREEN/BLUE	BLUE-BROWN (Age 7 & up)	ORANGE/ GREEN/BLUE	ORANGE/ GREEN/BLUE	11:45 – 12:30 ORANGE-BLUE	
CHILDREN 5:30-6:15PM	PURPLE/ RED/BROWN	PURPLE/ RED/BROWN	SPARRING (Orange & Up)	PURPLE/ RED/BROWN	JR. BLACK (All Stripes)	12:30 - 1:15 PURPLE-BROWN	
CHILDREN 6:15-7:00PM	JR. BLACK (All Stripes)	1 st DAN	JR. BLACK (All Stripes)	1 st DAN	1 st DAN/2 nd DAN	1:30 → 3:00 pm <i>Tae Kwon Do Birthday Party I</i>	
BLACK BELTS 7:00-8:00PM	1 st DAN/2 nd DAN	2 nd DAN	LEADERSHIP TEAM	2 nd DAN	S.W.A.T. Demo Team	3:30 → 5:00 pm <i>Tae Kwon Do Birthday Party II</i>	
TEEN/ADULTS 8:00-9:00PM	ALL BELTS	ALL BELTS	SPARRING (Orange & Up)	ALL BELTS			

We at Master Cho's Talium are constantly trying to improve our schedule to better suit your needs and provide adequate and effective staffing for all classes. This new schedule is designed to ensure that you receive the training you deserve. This schedule was prepared with your best interest in mind.

1. Students will attend class with their belt only.
2. Students must be here at least 10 minutes before class.
3. Students must take out their attendance cards before entering class.
4. Students must be present for two classes a week.
5. Students must ask permission to enter class if they are late.

STUDENTS OF THE MONTH

Katherina Mankiewicz* Jessica Salamone*
Max Yakubovich* Jon Zecca*



Founder of Talium
Grand Master
Taek Sung Cho

BERKELEY HGTS. TALIAM FEBRUARY 2012 EVENTS

396 Springfield Ave. Berkeley Hgts, NJ 07922

Tel: (908) 771-5577 Fax: (908) 464-3355



Fairfield (HQ)	973-276-1155
Cedar Grove	973-239-7654
Ledgewood	973-252-1717
Berkeley Hgts.	908-771-5577
Bloomfield	973-893-9400

What's New at Talium This Month

Feb. 10th, Fri.: "PARENT'S NIGHT OUT"

Place: Berkeley Heights Talium

Bring the kids to Talium for a night of Taekwondo fun while you go out on a 'date' or go out with friends or just stay at home and relax in peace! See staff for details.

Feb. 22nd, Weds.: COLOR & BLACK BELT STRIPE TEST

Place: Berkeley Hgts. Talium. *No regular classes will be held.*

Parents Workshop and Jr. Black Belt Conference will be held during testing. Parents are required to attend. The testing time schedule will be posted. Good luck to everyone testing!

Feb. 28th, Tues.: 4TH ANNUAL KARDIO CLINIC

Place: Cedar Grove Talium

Are you ready to get in the shape of your life? Grand Master Cho's Talium would like to invite you to our Talium Kardio Kickboxing Clinic. Back by popular demand, this **FREE** clinic will provide a HIGH intensity Kardio Kickboxing class. Grand Master Cho is inviting both men and women to join in on the fun. This unique class will be led by Talium Kardio Masters and Instructors from all Talium schools as well as Grandmaster Cho himself. See staff for more information.

UPCOMING EVENTS:

**2nd and 3rd Dan Testing

**Overnight Training

Please Flip Over For Monthly Class Schedule

Words from Grand Master Cho

Thank you to all our students and families who attended our 20th Talium Banquet. It was a great success for our Talium schools as well as our Talium families.

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Congratulations to our 2011 Award Winners

Student of the Year Color Belt: *Jason Ng*

Student of the Year Black Belt: *Niyant Narang*

Student of the Year Adult: *Andrew Lettington*

Family of the Year: *Chon Family*

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Congratulations to the 2012 Swat Team

Nick Massa Fabian Lucciola* Claudia Lucciola**

Brooke Michell Miles Michell* Bryant Cardona**

Kimberly Cava Thomas Cava* Chloe Cava* James Cava**

Rachel Heeren Keith Dinkl* Matthew Proano**

Mariam Khazinsky Cody Tomchak* Tommy Lynn* Justin Opell**

Anna Schafauser Declan Kazan* Natalie Kim* Jimi Kim**

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Aim High for Positive Mind, Strong Body & Healthy Spirit!