



CEDAR GROVE CLASS SCHEDULE (FEBRUARY 2012)

387 Pompton Avenue, Cedar Grove, NJ 07009 Tel: (973) 239-7654 Fax: (973) 239-2146

Effective 2/01/2012

DATE TIME	MONDAY (GOAL SETTING)	TUESDAY (DISCIPLINE)	WEDNESDAY (RESPECT)	THURSDAY (SELF CONTROL)	FRIDAY (ACHIEVEMENT)	SATURDAY (COOPERATION)
Kardio 9:15-10:15	Kardio Kickbox	Kardio Kickbox	Kardio Kickbox	Kardio Kickbox	Kardio Kickbox	9:00-10:00 Kardio Kickbox
<i>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!</i>						
TEEN/ADULT		11:30-12:30 TEEN/ADULT ALL BELTS			11:30-12:30 TEEN/ADULT ALL BELTS	10:00-11:00 TEEN/ADULT All Belts 10:15-10:45 TIGERS (Ages 3-5) ALL BELTS
TIGERS 3:30 - 4:00 PM	TIGERS (Ages 3-5) GREEN-BROWN	TIGERS (Ages 3-5) NO-ORANGE	PRIVATE LESSON	TIGERS (Ages 3-5) GREEN-BROWN	TIGERS (Ages 3-5) NO-ORANGE	11:00-11:45 NO/WHITE YELLOW
CHILDREN 4:00 - 4:45 PM	NO/WHITE YELLOW	PURPLE/RED BROWN	2 ND Dan Private Lesson	ORANGE GREEN/BLUE	1 ST DAN	11:45-12:30 ORANGE/GREEN BLUE
CHILDREN 4:45 - 5:30 PM	ORANGE GREEN/BLUE	JR. BLACK	1 ST DAN	NO/WHITE YELLOW	2 ND DAN	12:30-1:15 PURPLE/RED BROWN
CHILDREN 5:30 - 6:15 PM	PURPLE/RED BROWN	NO/WHITE YELLOW	SPARRING (Orange & Up)	5:30-6:00 Tiger: 3-5 All Belts	PURPLE/RED BROWN	JR. BLACK
CHILDREN 6:15 - 7:00 PM	1 ST DAN	ORANGE GREEN/BLUE	JR. BLACK	1 ST DAN	NO/WHITE YELLOW	1:30 - 3:00 TAEKWONDO Birthday Party I
TEEN/ADULT 7:00 - 8:00 PM	2 ND & 3 RD DAN	Sparring All Belts KK	ALL BELTS	2 ND & 3 RD DAN KK	S.W.A.T. DemoTeam ALL BELTS	3:30-5:00 TAEKWONDO Birthday Party II
TEEN/ADULT 8:00 - 9:00 PM	COLOR BELTS KK	ALL BELTS	1 ST 2 ND & 3 RD DAN KK	ALL BELTS	LEADERSHIP TEAM	

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.

Please Flip Over For Monthly Events

STUDENTS OF THE MONTH

Marc Pretto* Brandon Yeu* Maria Chacon*
Callum Reddington* Francisco Chacon*
Emma Hinz*



Founder of Talium
Grand Master
Taek Sung Cho

CEDAR GROVE TALIAM FEBRUARY 2012 EVENTS

387 Pompton Ave. Cedar Grove, NJ 07009
Tel: (973) 239-7654 Fax: (973) 239-2146



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: Cedar Grove 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.

Jan. 25th, Weds.: COLOR & BLACK BELT STRIPE TEST

Place: Cedar Grove 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 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: *Aidan O'Gorman*

Student of the Year Black Belt: Robert Waechter

Student of the Year Adult: *Donnahue Robinson*

Family of the Year: *Hinz Family*

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Congratulations to the 2012 Swat Team

Daniel Checca James Checca* Angelo Mota* Timothy Smith**

Alexander Urtula John Kosko IV* Ryan Skorka**

Corrina McElwain Ginamarie Arrabito* John Castiglione**

Nicholas Castiglione Patrick Smurla* Christian Serino**

Daniel Washington Mathew Colacino* Ronnie Caporelli**

Eric Stoloff Mathew Lutchko* Jeikson Boyle* Giovanna Boyle**

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