



TAEKWONDO LIFE SKILLS



KICK IT KING GEORGE
Unit #107 - 13631 80th Ave
Surrey BC V3W 3C3
778-895-5425

<https://www.kickitbc.com/>

KICK IT PANORAMA
15141 56 Ave
Surrey BC V3S 9A5
604-372-2822

<https://kickitlearning.ca/>

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	King George Saturday Classes
						8:00am Yoga Dojo
		9:00am Yoga				9:00-11:00am Strength & Conditioning
	10:00am Strength & Conditioning	10:00am TIR	10:00am Strength & Conditioning		10:00am Strength & Conditioning	11:30am Olympic TKD Sparring
Excellent Kids	4pm-4:45	4pm-4:45	4pm-4:45	4pm-4:45	4pm-4:45	12:20-1:00pm Excellent Kids
White/Yellow Orange Belt	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45 Leadership	1:00-1:45pm Yellow and Up
Green/Blue Brown Belt	4:45-5:30	4:45-5:30	4:45-5:30	4:45-5:30	4:45-5:30 Sparring	1:45-2:20pm Excellent Kids
Brown/Red Black Belt	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15 Sparring	2:30-3:30pm Black Belt Training
Beginners	6:15-6:50	6:15-6:50	6:15-6:50	6:15-6:50	6:15-6:50 Leadership	
Intermediate	6:50-7:35	6:50-7:35	6:50-7:35	6:50-7:35	6:50-7:35 Leadership	
Teen/Adult Classes (Ages 13+)						
Adults	7:30 pm	7:30 pm	7:30 pm Strength & Conditioning	7:30 pm	7:30 pm Masters Class	
Family Classes						
Family & All Belt	6:50 pm or 7:30 pm	6:50 pm or 7:30 pm	6:50 pm or 7:30 pm	6:50 pm or 7:30 pm	6:50 pm or 7:30 pm	

Belt Level	Panorama - Saturday Classes
Excellent Kids	9:15am
Beginners	10:00 am
All Ages	10:45 am





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New Training App Please connect with a Kick It representative for more information

Registration Questionnaire

Name: _____ Age: _____ Phone: _____

Guardian(s) if applicable: _____

1) Which of the following life skills are you interested in building on for yourself or your child?

(Please circle those that apply)

Focus	Balance	Communication	Teamwork	Fitness
Discipline	Respect	Coordination	Positive	Attitude

Other areas you would like to improve on? _____

2) How many days a week are you wanting to train? (Please circle those that apply)

1 day / 2 days / 3 days / 4 -5 days/ Unlimited Other: _____

3) What would you be interested in? (Circle those that apply)

Private classes Semi-private classes Group lessons

4) Would you be interested in a short-term program or long-term success?

Monthly 6 Months Yearly

Other: _____

5) What sports are you or your child involved in? _____

6) Do you have other siblings or friends that would be interested in Kick-it? Friends that train

together have more fun! _____

7) Have you or your child trained in Martial Arts before? If so, how was your experience?





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8) We offer a Leadership Program, is this something you or your child would be interested in?

YES NO MAYBE

9) We offer discounted programs if you pay for 6 months to a year at a time. Is that of interest

to you? YES NO Maybe Later

10) Which programs would you be interested in?

Leadership / Tae Kwon Do / Excellent Kids / 10X Fitness

