



International TaeKwon-Do Federation (I.T.F.)
CHOONG-MOO TAEKWON-DO DOJANG

國際跆拳道聯盟忠武館 (Training since 1987)
(Licensed by I.T.F., M.O. #548)



105 Gibson Centre, 105 Gibson Drive, Markham, Ontario, L3R 3K7
(Northwest corner of Warden / Steeles, 大統華後面)

Weekly Training Schedule

Monday 星期一	Tuesday 星期二
4:30 p.m. - 5:30 p.m.	4:30 p.m. - 5:30 p.m.
White Belt - Green Belt or age 5 - 15	White Belt - Green Belt or age 5 - 15
5:30 p.m. - 6:30 p.m.	5:30 p.m. - 6:30 p.m.
Blue Stripe to Black Belt or age 16+ and Adult	Blue Stripe to Black Belt or age 16+ and Adult

