

# Taekwon - Do

This program follows the curriculum established by the ATFI, one of the National governing bodies for the International Taekwon-Do Federation in the United States.

Students will learn and practice correct terminology, stances, blocking, striking, kicking, patterns, step sparring, free sparring, self-defense, and breaking techniques for each level or rank obtained. Students will not only develop discipline, respect, self-control, courtesy, integrity, and indomitable spirit, but also develop physical and mental coordination, excellent conditioning, and toughness to deal with a variety of situations, all while training in a safe environment.

**DISCIPLINE**

Wednesdays

**March 7 - May 2**

**\*No class on 3/28**

**Ages: 8 & up Time: 6:50 pm - 7:45pm**

**INTEGRITY**

**RESPECT**

**SELF DEFENSE**

## Fee:

**Resident \$96.00**

**Non-Resident \$136.00**

**8 Weeks = 8 Classes**

\$50 mandatory uniform purchase through instructor for participation in class.

## Registration Begins:

**Returning Participants: January 22**

**Residents: January 29**

**Non-Residents: February 12**

*\*Changes/Cancellations are subject to administrative Proof of residency is required at the time of registration fees*



For more information please call (305) 866-3635

Website: [www.townofsufsidefl.gov](http://www.townofsufsidefl.gov)

