

KH KIM TAEKWONDO



Taekwondo, one of the newest Olympic sports, is a 2,000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught by staff under the direction of G.Master Ki Hong Kim* (9th Dan Kukkiwon World Taekwondo Headquarters.) **Location: Libertyville Sports Complex**

A \$45 uniform fee is required at the first class. Belt testing is offered through KH Kim Taekwondo at an additional fee and is held twice a year. All colored belt students are required to have complete sparring gear. KH Kim Taekwondo **847-480-9222**

LITTLE DRAGONS **Age: 4-5**

This introductory class is designed to captivate the interest of our youngest students. Skills are developed through gentle instruction and appropriate games for their ability. This class focuses on developing balance, coordination and respect for the discipline of martial arts training.

EARLY TAEKWONDO **Age: 6-7**

Designed especially for younger children, this program helps kids develop conditioning, coordination, listening skill and self-confidence through creative activities.

YOUTH TAEKWONDO **Age: 8-13**

This program includes a balanced cardiovascular workout, including punching, kicking, and blocking skills, using the Taekwondo tradition, and self-control. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline.

PARENT/CHILD **Age: 7+**

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics, and traditional Taekwondo techniques including punching, kicking and blocking. *Both parent and child must register and pay.*

ADULT TAEKWONDO **Age: 14+**

Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms, stances, and the skills of punching, kicking, and blocking. This is a great program for those looking to maintain and improve their physical fitness.



JANUARY 9-MARCH 20 \$132 R/\$142 NR	CLASSES HELD AT THE LIBERTYVILLE SPORTS COMPLEX	AGE	DAY/TIME	APRIL 3-JUNE 5 \$120 R/\$130 NR
8062	Little Dragons (Beginners/White-Green)	4-5	Tue 4:00-4:40 pm	8070
8063	Little Dragons (Purple Belts & higher)	4-5	Tue 4:40-5:25 pm	8071
8060	Early Taekwondo (Purple Belts & higher)	6-7	Tue 4:40-5:25 pm	8068
8061	Early Taekwondo (White-Green Belts)	6-7	Tue 5:25-6:10 pm	8069
8065	Youth (White-Green)	8-13	Tue 6:10-6:55 pm	8073
8066	Youth (Purple & up)	8-13	Tue 6:55-7:40 pm	8074
8064	Parent/Child (All Belts)	7+	Tue 7:40-8:30 pm	8072
8059	Adult (All Belts)	14+	Tue 7:40-8:30 pm	8067

