



# Taekwondo



Taekwondo, one of the newest Olympic sports, is a 2000-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 under the direction of G. Master Ki Hong Kim\* (9th Dan Kukkiwon World Taekwondo headquarters.)

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

## **Little Dragons**

### **Ages 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**

### **Ages 6-7**

Designed especially for the younger children of 6-7 years, this program helps kids develop conditioning, coordination, listening skills, and self-confidence through creative activities.

## **Youth Taekwondo**

### **Ages 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 Taekwondo**

### **Ages 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 pay the registration fee.

## **Adult Taekwondo**

### **Ages 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.

**LOCATION: ADLER PARK LODGE**—1500 N Milwaukee Ave (behind Adler Pool)

CODE	CLASS	AGE	DAY	TIME	Sept 8—Dec 22
11924	Little Dragons (All Belts)	4-5	Tuesday	4:45-5:25 pm	\$192 R / \$217 NR
11925	Early Taekwondo (All Belts)	6-7	Tuesday	5:30-6:20 pm	\$192 R / \$217 NR
11926	Youth Taekwondo (All Belts)	8-13	Tuesday	6:25-7:15 pm	\$192 R / \$217 NR
11927	Parent/Child (All Belts)	7+	Tuesday	7:20-8:35 pm	\$192 R / \$217 NR
11928	Adult (All Belts)	14+	Tuesday	7:20-8:35 pm	\$192 R / \$277 NR

## **COVID Taekwondo Guidelines**

Curriculum will remain non-contact until we reach Restore Illinois Phase 5.

### **Wearing masks:**

Everyone will have to wear a mask when entering the facility to the classroom. The option of removing masks in class will depend on whether the classroom space can allow for students to maintain social distancing during class. The instructor will assess and inform students. It can be difficult for the 4 and 5 years-olds to keep social distancing during class. Therefore, we will require Little Dragons students to keep their masks on during class. Classes will be modified so there is less physical exertion. Everyone will have their mask on before leaving the classroom. *Our instructor will always have his mask on.*

Per location approval, classes may be conducted outdoors when it is good weather.

Before the start of each class, our instructor will remind and confirm with participants/parents that for students to take the class they need to be well and free of COVID-19 symptoms per CDC guidelines. The expectation is that students do not attend class if they are sick.