

# TAE KWON DO PROGRAM 2024 to 2025

**TAE KWON DO** is a Korean martial art known as the art of kicking and punching. It combines combat techniques, self defense, blocks ,punches ,kicks , flexibility training, strength training and balance training. Our goal is to teach students to improve in physical strength, build confidence through knowledge and develop self-control, discipline and respect. Classes are held every Wednesday at Willowdale Christian School at 3:45 p.m. We are accepting students over the age of 6 and above. Classes will begin on September 18 2024 and will be taught by qualified Kukkiwon Black belt Master . Registration forms and payments can be e mailed back to Thomas Yeung at [tkdthomas@rogers.com](mailto:tkdthomas@rogers.com). Classes are held in gym. For information please call (647)297-7390 or email at [tkdthomas@rogers.com](mailto:tkdthomas@rogers.com). Free trial class is available. Make up sessions and extra training sessions can be arranged at my Dojang in Markham.

Please circle the program below

3 months program

Class Time 3:45pm to 4:45pm Wednesdays

Sep 18 2024 and ends on December 18 2024 14 sessions \$259 (\$18.5 per session)

6 months program

Jan 8 2025 to June 18 2025 22 sessions \$385 (\$17.5 per session) For return Students from 3 months program and new Students sign up in January 2025

9 months Program

Sep 18 2024 to June 18 2025 36 sessions \$576 (\$16 per session)

Please e transfer payment to Thomas Yeung at [tkdthomas@rogers.com](mailto:tkdthomas@rogers.com) before class starts. Thank you!

Student Name:

Grade:

Contact Phone number

Medical conditions:

E-mail:

Emergency contact (name and No.)