

# TAE KWON DO PROGRAM 2023 to 2024

**TAE KWON DO** is a Korean martial art known as the art of kicking and punching. It combines combat techniques, self defense, sport and exercise. 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 from **3:45-4:45 p.m.** We are accepting students aged 6 and above. Classes will begin on **Wednesday, September 20, 2023**, and will be taught by qualified Kukkiwon 5<sup>th</sup> Dan Master and Master trainer of fitness kickboxing Canada.

Registration forms can be emailed back to me [tkdthomas@rogers.com](mailto:tkdthomas@rogers.com). Classes are held in the WCS school gym.

For more information call (647)297-7390. Free trial class available.

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

Please circle the program below:

3 months starts on September 20, 2023, and ends on December 20, 2023: \$280

9 months program starts on September 20, 2023 and ends on June 19, 2024: \$630

For 9 months program First payment \$280 on September 2023 and second payment of \$350 on January 2024.

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Contact Phone number: \_\_\_\_\_

Medical conditions: \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency contact (name and No.) \_\_\_\_\_

Please e-transfer money to me at [tkdthomas@rogers.com](mailto:tkdthomas@rogers.com) before class starts. Thank you!