

KH KIM 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 \$45.00 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.

Day: Tuesday
Location: Libertyville Sports Complex

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.

Apr 2-Jun 11 \$132 R/149 NR
9281 All Belts 4:45-5:30 pm

Jun 18-Aug 20 \$110 R/127 NR
10075 All Belts 4:45-5:30 pm

EARLY TAEKWONDO **Ages 6-7**

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

Apr 2-Jun 11 \$132 R/149 NR
9280 All Belts 5:35-6:20 pm

Jun 18-Aug 20 \$110 R/127 NR
10074 All Belts 5:35-6:20 pm

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.

Apr 2-Jun 11 \$132 R/149 NR
9283 All Belts 6:25-7:10 pm

Jun 18-Aug 20 \$110 R/127 NR
10077 All Belts 6:25-7:10 pm

PARENT/CHILD **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.

Apr 2-Jun 11 \$132 R/149 NR
9282 All Belts 7:15-8:05 pm

Jun 18-Aug 20 \$110 R/127 NR
10076 All Belts 7:15-8:05 pm

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.

Apr 2-Jun 11 \$132 R/149 NR
9279 All Belts 7:15-8:05 pm

Jun 18-Aug 20 \$110 R/127 NR
10073 All Belts 7:15-8:05 pm

Any questions please call KH Kim Taekwondo at
847-480-9222