

Taekwon-Do at Community of Grace (TKD @ CoG)

What: Taekwon-Do is a Korean martial art. It is the mental training and techniques of unarmed combat for self-defense as well as health. Students will learn fundamental moves (stances, kicks, strikes, and blocks), patterns, self-defense techniques, sparring (fighting) techniques, board breaking, and etiquette. Taekwon-Do can be a lifelong activity with advantages for all ages. Students will improve their strength, endurance, coordination, flexibility, balance and reaction time. They will also learn discipline, courtesy, and respect for others and for themselves.

Who: This class is intended for family involvement, but singles are welcome to attend. Students' ages may range from as young as 8 years old (with good attention span) to adults of any age. Parents and/or grandparents are urged to attend with their children.

The instructor is Rob Riley, 5th degree Black Belt, certified by, and a member of the United States Taekwon-Do Federation.

Where and When: Classes will be held twice weekly on Monday and Thursday at Community of Grace Presbyterian Church, 2015 East Newcastle Drive, Sandy. Beginners (1 Hour) 7:00 to 8:00 pm, Intermediate (1½ Hours) 7:30 to 9:00 pm.

Philosophy:

The Tenets of Taekwon-Do are consistent with a Christian lifestyle:

Courtesy,
Integrity,
Perseverance,
Self Control,
Indomitable Spirit.

The Taekwon-Do Student Oath is:

I shall observe the tenets of Taekwon-Do;
I shall respect my instructor and seniors;
I shall never misuse Taekwon-Do;
I shall be a champion of freedom and justice;
I shall build a more peaceful world.

Setting and obtaining goals is one of the aspects of Taekwon-Do. A student begins as a "white belt." Higher rank belts are earned and cannot be purchased. The belt colors are white, yellow, green, blue, red and black. Colored belt advancement is made in half steps (white, white with a yellow stripe, yellow, yellow with a green stripe, etc.). The average time at each colored belt level is 3 months if attending class two times per week. A person can reach the rank of black belt in about three years with regular attendance and practice outside of class.

Costs and Equipment:

12 Week Session—Twice Weekly

Beginners (1 Hour) \$48 (\$2.00/class)

Intermediate (1½ Hours) \$60 (\$2.50/class)

12 Week Session—Once Weekly

Beginners (1 Hour) \$39 (\$3.25/class)

Intermediate (1½ Hours) \$44 (\$3.75/class)

- ▶ 2nd family member \$5.00 off listed cost.
- ▶ Any additional member: flat \$12.00 charge.
- ▶ \$5.00 scholarship for sponsoring friend/neighbor.

Uniforms are not included in the cost, but can be purchased from the instructor. Uniforms must be white. Loose fitting clothes may be worn in place of a uniform until the first belt testing.

A mouth guard and groin cup (males) are required, and can be purchased at a sporting goods store.

Hand and foot pads for sparring are required and can be purchased from the instructor or at a sporting goods or martial arts supply store. These will not be needed for the first few weeks of class.

Please make checks payable to Community of Grace Presbyterian Church.

Belt exam fees start at \$30.00 and increase by \$5.00 each time a new color of belt is achieved.