

# LINDEN GROVE TAEKWONDO

**Mondays: 3:15 pm - 4:00pm Starting September 11th, ending December 18th**

**Instructor: Megan Middleton**

**Cost: \$199, plus the cost of a uniform (\$35+tax)**

**Program t-shirt may be purchased for an additional \$15**



We are very excited to be offering Taekwondo as an after school program again this year! Taekwondo helps students focus, works on flexibility, teamwork, and encourages a positive attitude. Each week our students will be improving their taekwondo skills in a fun and safe atmosphere. Classes will be structured and specialized depending on the students taking class each session. At the end of each session a student may have the opportunity to test and rank up to the next color belt.

The only things the student will need to bring to class is their uniform and belt, preferably a water bottle, and a great attitude.

We look forward to seeing everyone in class!

[www.lindengroveschool.org](http://www.lindengroveschool.org)

## **What we will be learning**

- Basic Motions
- Forms
- combination techniques
- one-steps

## **We will also work on these skills**

- Coordination
- Flexibility
- Cooperation/Teamwork
- Listening
- Positive attitudes
- Discipline and Respect

[www.ahntkd.com](http://www.ahntkd.com)