

LINDEN GROVE TAEKWONDO

Mondays: 3:15 pm - 4:00pm Starting September 14th, 2015

Instructor: Megan Middleton

Cost: \$120 per trimester plus the cost of a uniform (\$35+tax)



We are very excited to be offering Taekwondo as an after school program 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 trimester. At the end of each trimester each 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

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