

Martial Arts

W. Kim Taekwondo

Ages 2 1/2 to Adult

Martial arts is great fun for kids... and a great way to give them a head start in life. For over 25 years, the masters and instructors at W. Kim Taekwondo have been teaching the positive benefits of self-discipline and confidence to help the children develop coordination and increase their strength and flexibility.

Because respect is built into martial arts, children develop the ability to listen, learn, and achieve within a highly regulated environment of trust and encouragement. With a right balance of exercise and skills training that will build endurance, strength, flexibility and mental toughness, students learn the principles of respect and willpower, and the

satisfaction of doing their best. When they have the determination to step up and give it their best effort, they are always rewarded with the prize of personal satisfaction.

We teach the fundamentals by combining the time-tested Eastern philosophy of martial arts with a modern approach of Western teaching philosophy. We offer a well-balanced program for adults and children that emphasizes respect, self-esteem, fitness, and integrity. We follow a 1:8 ratio – when there are more than eight students, an additional instructor will be added. Please visit www.wkimtaekwondo.com for more information. (Min/Max: 4/16).

True Power Martial Arts

Ages: 7 years and up

True Power Martial Arts is a combat system that draws techniques from Aikido, Boxing, Hapkido, Judo, Jujitsu, Muay Thai, Tae Kwon Do, and Wrestling. The philosophy of the system is to combine the most effective aspects of these Martial Arts into a superior form of personal combat. Participants must re-register for this program every 4 weeks. www.TruePowerMartialArts.com. (Min/Max: 6/40). Instructor: True Power Martial Arts staff.

Fee: \$43/\$54 (4 wks.)

Location: F&RC-Gym

Actv.#	Sec.#	Day	Date	Time
104311	05	Wed.	5/5-5/26	6:30-7:30pm
204311	01	Wed.	6/2-6/23	6:30-7:30pm
	02	Wed.	7/7-7/28	6:30-7:30pm
	03	Wed.	8/4-8/25	6:30-7:30pm

W. KIM TAEKWONDO REGISTRATION & FEES (9 WEEKS)

All classes take place at F&RC-Gym or W. Kim Palatine (829 N. Quentin Rd.) See chart below.

CLASS	Actv.#	Sept.#	Day	Dates	Time	Fee	Location
Tiny Tigers <i>(Ages 2 1/2-4)</i>	204437	01	Mon.	6/21-8/16	6:15-6:45pm	\$90/\$110	W. Kim-Palatine
		02	Tue.	6/22-8/17	3:45-4:15pm	\$90/\$110	W. Kim-Palatine
Little Tigers/Tigers <i>(Ages 4-7)/(Ages 8-14)</i>	204437	03	Tue.	6/22-8/17	7:30-8:15pm	\$90/\$110	F&RC-Gym
		04	Tue.	6/22-8/17	5:30-6:15pm	\$90/\$110	F&RC-Gym
		05	Thur.	6/24-8/19	5:30-6:15pm	\$90/\$110	F&RC-Gym
		06	Sat.	6/26-8/21	8:30-9:15am	\$90/\$110	W. Kim-Palatine
Little Tigers Advanced Orange Belt & Up <i>(Ages 4-14)</i>	204437	07	Tue.	6/22-8/17	6:30-7:30pm	\$135/\$169	F&RC-Gym
Adults	204437	08	Thur.	6/24-8/19	5:45-6:30am	\$90/\$110	W. Kim-Palatine
		09	Sat.	6/26-8/21	7:30-8:15am	\$90/\$110	W. Kim-Palatine

