



Kirby Hall 2008 – 2009 Taekwon-Do Club and Black Belt Club

Taekwon-Do Club

This program is designed to enhance your child's self-esteem, self-discipline, and physical fitness. Students learn techniques including blocks, punches, kicks, and stances. It is a program that teaches the student **how** to be a martial artist, developing him/her to be a Black Belt from the inside out.

Class meets Mondays, 3:30 pm – 4:00 pm, September 8 – May 22. Cost is \$60/month for the school year and \$15 for a uniform.

Black Belt Club

This program teaches your child not only the basics of martial arts, but all of the techniques that are necessary to one day become a **Black Belt**. The curriculum teaches the student all of the striking techniques, patterns, sparring, and self-defense techniques needed to become a Black Belt.

Registration for this class is by invite only. Class meets Mondays, 3:30 pm – 4:30 pm, September 8 – May 22. Cost is \$120/month for the school year.

For more information contact:

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