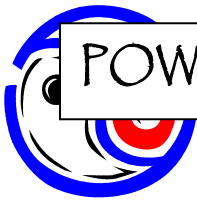


Tae Kwon Do



POWER

BALANCE

FOCUS

SPEED

CONTROL

Mondays 6 – 7:30pm

\$100.00 for an 8 week session (or \$15 per class if paid per class)

First session runs August 29th – October 24th, 2011

Students 8 years old and up are welcome.

Students should wear comfortable clothes (t-shirt & work out pants) and bring a bottle of water.

Instructor Lori Schwartz is a 2nd degree black belt and has been practicing Tae Kwon Do since 1993. She has been a member of the World Tae Kwon Do Association for 18 years. Before moving to Florida from Massachusetts two years ago Lori was the co-instructor of the South Shore Tae Kwon Do Club, worked as a nutritionist for the WIC program and also volunteered with the Girl Scouts as a troop leader for 5 years. Since moving to Florida she has continued practicing Tae Kwon Do with her girls and has been a volunteer troop leader with the Florida Girl Scouts.

The style of Tae Kwon Do taught here is Chung Do Kwan which is a traditional style emphasizing strong, quick techniques such as punches, kicks and blocks to disable an opponent. A philosophy of Chung Do Kwan is no-contact sparring. The reason for restraining sparring in this way is to teach complete control of the techniques and to promote safety. To learn how to hit a target correctly without getting hurt the students will work with a target bag.

Tae Kwon Do is an individual sport and the student will progress at their own pace while gaining self esteem and confidence, concentration and discipline, patience and respect. Parents are welcome to stay while class is going on but you must wait outside of the room. A signed waiver is required in order to participate in this class.

