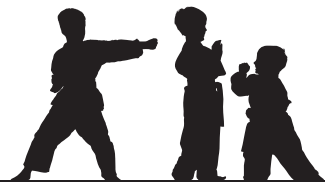


# taekwondo

## 2015-16 session



September 8—August 29 (No class: September 14, 15 & 23; October 31 after 3pm;  
November 3, 25-29; December 24-January 3, 18; February 12-15; March 21-27; May 30; July 4)

updated August 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>3-5 Year Olds (White - Yellow Belts) - Preschool Program</b>					
9:30-10:15 am Youth Studio 1					
<b>6-12 Year Olds* (White, Yellow, Green and Blue Belts) *all other ages, see Master Smith</b> Sparring and forms are included in these classes. 2-3 classes a week are suggested.					
					9:00-10:00 am Youth Studio 1
					10:00-11:00 am Youth Studio 1
6:00-7:00 pm Youth Studio 1	6:00-7:00 pm Youth Studio 1	6:00-7:00 pm Youth Studio 1	6:00-7:00 pm Youth Studio 1	6:00-7:00 pm Youth Studio 1	
<b>9 Year Olds Adults* (All Belt Levels) *all other ages, see Master Smith</b> Sparring and forms are included in these classes. 2-3 classes a week are suggested.					
10:00-11:00 am Youth Studio 1					
					11:00 am-12:15 pm Youth Studio 1
7:00-8:15 pm Youth Studio 1	7:00-8:15 pm Youth Studio 1	7:00-8:15 pm Youth Studio 1	7:00-8:15 pm Youth Studio 1	7:00-8:15 pm Youth Studio 1	
<b>Specials - Tournament - Forms* (All Belt Levels) *by invitation only</b>					
				5:00-6:00pm 6:00-7:00pm 7:00-8:00pm All in Youth Studio 2	9:00-10:00am 10:00-11:00am 12:15-2:30pm All in Youth Studio 2

### REGISTRATION

Member: August 24 ..... Online 6:00 am | Walk-in 9:00 am  
General Public: August 31 ..... Walk-in 9:00 am

### COST FOR UNLIMITED CLASSES PER MONTH

Members are required to re-register every September.

Member\* .....<sup>\$</sup>15 Reg fee (<sup>\$</sup>10 after March 1)

Non-member\* .....<sup>\$</sup>90 + enrollment fees

The General Public may do a 2-week free trial (please see TKD Director for more details).  
All General Public students must be approved by TKD Director.

\* With the TKD Membership, all TKD students agree to a 12-month renewable agreement that can begin at any point during the calendar year. This renewable agreement is for 12 continuous months and a registration fee is required. If a student cancels TKD prior to the end of their agreement, there is a <sup>\$</sup>50 cancellation fee for breaking the contract. The cost for TKD uniforms is as follows: <sup>\$</sup>30 for one uniform; two or more <sup>\$</sup>25 each.

## Belt Testing Dates

November, February, May & August: TBA

*Important note:*

When registering online, please register for any TKD class under the Master Class which is listed as "TKD All Ages/Levels".



QUESTIONS?

Call the Program Desk  
215.968.0600 ext 112

# taekwondo Guidelines and Descriptions



NAC TaeKwonDo (TKD) is a FUN sport/art that builds self-confidence and athletic ability. TKD provides a systematic approach to achieving goals. Parents will enjoy watching their children progress through the program and seeing their child have improved self-discipline while having an outlet for their physical energy. The NAC has a world-class program run by the President of Pennsylvania TKD and is affiliated with the US Olympic Committee (School #5595). We also have more than a dozen instructors who have Black Belts of the 4th degree or higher – this is unheard of anywhere else in the USA!

## RANK/ADVANCEMENT

Belt Level/Rank is earned through testing of each student's knowledge and skill and is dictated by the amount of time the student has dedicated to the program, as well as, their physical belt testing.

## BELT TESTING | All Ages/Belt Levels

To achieve a higher rank belt, the student must attend the minimum number of classes, learn factual TKD material relative to their belt level and demonstrate appropriate self-defense moves and forms. Belt testing takes place four times a year. Students who cannot attend the test date have the option of a make-up test.

ALL AGES/BELT LEVELS ..... \$55 + \$5 REG FEE

PRESCHOOL PROGRAM.....3-5yrs  
This 45-minute class will introduce your child to TKD. They learn self control while releasing their physical energy. These children will earn belts by exhibiting self control and skill. It is strictly for the pre-kindergarten crowd and is limited to daytime classes only.

WHITE, YELLOW, GREEN BELTS..... 6-12 yrs\*  
This class covers the introduction of TKD on an advanced level. Students will be expected to perform all necessary requirements while showing a high level of self control. Emphasis will be placed on physical fitness, forms, and self defense. \*All other ages, please see Master Smith.

WHITE-RED BELTS..... 9-12 yrs\*  
In this class, sparring with protective gear is introduced. Students will learn forms, techniques, and sparring which will involve self-defense moves such as punches and kicks. \*All other ages, please see Master Smith.

ADULTS (ALL BELT LEVELS)..... 13 + yrs  
This class gives you an opportunity to learn an ancient art of the mind and body. It is an excellent work out that provides stress relief while teaching you the ability to protect yourself. Each student in the Adult class receives a curriculum specifically designed for them.

DEMO TEAM  
This team is by invitation only.

### ATTIRE / EQUIPMENT

All students are required to wear a white TKD uniform with the NAC logo. Students who spar (Green belt and above) are required to use sparring equipment approved by the NAC Tae Kwon Do department. This consists of headgear, mouthpiece, forearm/shin & instep gear, footgear, chest gear and groin protector for boys and men. All Tae Kwon Do equipment must be purchased at the NAC.

### PARENT RESPONSIBILITY

An adult must escort all children to the TKD studio. No one is permitted in the TKD studio prior to class time. Any child escorted from Kid's Club will be taken back to the Kid's Club after class, unless you receive a pick up pass from the Kid's Club. All others must be picked up promptly after class by a parent. The NAC TKD Instructors are not responsible for your child once class has ended.

### ATTENDANCE POLICY

Students who are not able to attend class must call the TKD office at ext. 232 to let the department know that you will be absent. The NAC reserves the right to drop students who miss more than two consecutive weeks of class.

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