

# Tae Kwon Do

Northern Illinois Martial Arts Institute provides the instruction for the Byron Park District's Tae Kwon Do classes! These classes are geared toward developing and improving students' coordination, balance, flexibility, and physical strength as well as assisting with confidence, focus, discipline, and sportsmanship. Learn traditional and freestyle Tae Kwon Do including forms, weapons, sparring, and self-defense techniques not only as an avenue to gain many fitness benefits but to develop many other qualities that will benefit in other sports and wellness activities as well as every day life.

**Minimum 4/Maximum 20 per class.**

**WHO:** Anyone 5 years and older **(YES--ADULTS TOO!!)**

**WHERE:** Mary Morgan Gym **INSTRUCTOR:** Mr. Shuckhart

## SESSION I: January 23 - March 16, 2012

<u>CODE</u>	<u>LEVEL</u>	<u>DAYS &amp; TIMES</u>
230720-B6	White / Gold	M & W 5:15-6:00 pm; Fri 5:30-6:30 pm
230730-B6	Green & Above	M & W 6:00-7:00 pm; Fri 5:30-7:00 pm

## SESSION II: March 26 - May 18, 2012 (No Class 4/6)

<u>CODE</u>	<u>LEVEL</u>	<u>DAYS &amp; TIMES</u>
330720-C3	White / Gold	M & W 5:15-6:00 pm; Fri 5:30-6:30 pm
330730-C3	Green & Above	M & W 6:00-7:00 pm; Fri 5:30-7:00 pm

## SESSION III: May 30 - July 27, 2012 (No Class 7/4 or 7/13)

<u>CODE</u>	<u>LEVEL</u>	<u>DAYS &amp; TIMES</u>
430720-D3	White / Gold	M & W 5:15-6:00 pm; Fri 5:30-6:30 pm
430730-D3	Green & Above	M & W 6:00-7:00 pm; Fri 5:30-7:00 pm

**SESSION FEE:** \$75/\$83 (\$20 discount for additional family members)

*\*Completion of belt level (testing fee), acquisition of new colored belt, uniform, & equipment will be an additional fee payable to the NIMAI instructor.*



### REGISTRATION

**DEADLINES:** 1/16, 3/19, 5/21

\* \$5 discount if register by these dates



## TAE KWON DO

Jan-June 2012

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Primary Guardian: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Emergency Contact & Phone: \_\_\_\_\_

**Mark the session you are registering for:**

**Fee: \$75/\$83**

Session I: 1/23-3/16 \_\_\_ White/Gold 230720-B6 \_\_\_ Green+ 230730-B6

Session II: 3/26-5/18 \_\_\_ White/Gold 330720-C3 \_\_\_ Green+ 330730-C3

Session III: 5/30-7/27 \_\_\_ White/Gold 430720-D3 \_\_\_ Green+ 430730-D3

### RELEASE OF LIABILITY STATEMENT

In consideration of me (or my child/ward) being allowed to enroll in this course(s), I hereby personally assume all risks in connection with this activity and I release the instructors, supervisors, owners and the Byron Park District for any injury or damage and further I save and hold harmless the instructors, supervisors, owners and the Byron Park District from any claim by me, my family, estate, heirs, or assigns, arising out of my enrollment and participation.

I have read and fully understand the above program details and waiver release of all claims.

\_\_\_\_\_  
Signature of Participant or Parent/Guardian

\_\_\_\_\_  
Date