

## YOUTH TAE KWON DO PROGRAMS

### Lil' Dragons (3-5 years old)

An introduction to the martial arts, this class is targeted to children ages 3-6 years old. In addition to teaching basic martial arts techniques such as basic striking and blocking techniques, we also teach life and safety skills, discipline and respect. All of these fundamental exercises are taught through fun activities and drills by our awesome instructors!



### Kid Tigers (6-8 years old)

Kid Tigers teaches fundamentals of Tae Kwon Do, including kicking, punching, and blocking techniques. Important features of this program are practical self-defense techniques, physical fitness, learning respectful behavior, awareness and focus, goal setting and achievement, and many others.



## TAE KWON DO PROGRAMS

Our Tae Kwon Do (TKD) program focuses on teaching the tenets of Traditional TKD, with an emphasis on personal achievement and improvement. Students learn discipline, self-awareness, and self-control while training in TKD. Our curriculum consists of a multitude of blocking and striking techniques, multiple forms and combinations, as well as sparring and real-world self-defense application.

### Beginner Tae Kwon Do

Students with White Belt to Gold Belt.

### Intermediate Tae Kwon Do

Students with Purple Belt to Brown Stripe.

### Advanced Tae Kwon Do

Students with Brown Belt to Black Stripe.

## ADULT TKD PROGRAMS

Targeted at adults, at all belt levels. This class incorporates stretching to enhance flexibility, cardio vascular exercises to increase endurance, and self-

defense for real life situations. We also cover traditional Korean forms, one step sparring, blocking, kicking and punching techniques.

## PINK/BLUE NINJAS

Designed by Mrs. Malakoff for our 40+ parents and friends to train in TKD. Sparring and jumping kicks are optional.



## BLACK BELT CLUB

The Black Belt Club program is an extracurricular class for existing students who wish to broaden their martial arts training with multiple disciplines, as well as training with various weapons. Open to all belt levels, by invitation.

## FITNESS PROGRAMS

### Black Belt Fit

Black Belt Fit is an evolution and extension of the Cage Fitness program. Cage Fitness is originally designed to be a 30-minute strength and conditioning fitness class. Cage is structured with five-minute rounds of seven or ten functional exercises with short one minute breaks in between rounds. Black Belt Fit extends Cage by starting with a ten-minute round of dynamic stretches before the Cage rounds and another 10-minute round of static stretches after the Cage rounds. A total of 50 minutes in length, it intersperses 5 minutes of warm ups and exercises with 60 seconds of cool-down or a 30/30 mix of bonus exercise & cool down. It's a more well-rounded strength & conditioning program with short and long term benefits!

## Zumba Toning

This class combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness party! Using 1 lb. Zumba® toning sticks, you'll work every muscle group while you groove!



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