

**PAONIA TAEKWON-DO**

**Class times/locations/pricing for 2017-2018 (August 22nd- June 16th)**

Tuesdays 4-5:15p @ The Blue Sage Center for the Arts

ALL AGES: Kids 5+ and Adults

Thursdays: 4:15-5:30p @ Yoga Tree Hotchkiss

ALL AGES: Kids 5+ and Adults

COMING SOON: Adult Class! 12+ Only! Contact Roslyn Bauer if you are interested!

(Fall 2017)

\*\*\* Please note: kids 6 and under must have a parent or guardian (over the age of 16) present during class.

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| Package/Item | Details | Fees |
| First Class | Check it out! | FREE |
| Annual Membership | Approximately 10 months of class with 6 classes minimum per month | $125 (Must register by the end of August) |
| Monthly Membership | Minimum of 6 classes avail each month between Paonia and Hotchkiss | $15/month (Shorter months are prorated) |
| Testing Fee | Yellow-High Red | $15 \*must register 1 week in advance |
| Parents of enrolled kids | Participate along side your kids and help with the class. | Classes with your kids are FREE |
| Uniforms and other equipment | 6 oz lightweight uniform  Size 00-2  Size 2-7  Size 8+  Mouth guard  Full set sparring gear (headgear, foot and hand pads) \*Required at green belt level  Sparring Gear with bag, Mouthguard and case  Replacement Belts | $25  $30  Custom Order  $2  $50  $60  $10 |

**TaeKwon-Do** is one of the newest martial arts in the world.   It was created in the late 20th century by **General Choi Hong Hi** (1918-2002) from Pyongyang, North Korea, who is considered the father and inventor of TaeKwon-Do.   It is with great sorrow that we mourned his passing (June 15, 2002) but we know his legacy will live on.

**The literal translation of TaeKwon-Do follows:**

* **Tae: Jumping, flying, to kick or smash with the foot.**
* **Kwon: Fist, to punch or destry with the hand or fist.**
* **Do: The art or way.**

**What we teach:**

Our current class is curriculum designed to teach children, though parents and adults are encouraged to join in the fun! Our class offers a caring environment where students can learn and grow within their own abilities.  We use games (e.g. Simon says, red-light green-light, races, & challenges), visualization, and multi-sensory instruction to teach our young students. Patterns are learned through sight, sound, and feel. Students learn by observing, doing, and teaching others.

We focus on the following skills, techniques, and concepts:

-Patterns

-Self Defense (physical, and awareness-based)

-Sparring

-Foot and hand techniques

-Board Breaking

-Self control

-Courtesy and respect for each other

-Bilateral body movement and awareness

-Mirroring and right/left differentiation

-Basic tumbling skills (rolls, cartwheels)

-Meditation and Relaxation / Visualization

**Organizing Body**

Paonia Taekwon-Do is affiliated with the Traditional Taekwon-do Alliance, headquartered in Westminster, CO. We are the fourth school to join the Alliance. The other schools are located in Westminster, Broomfield, and Gunnison Colorado. We teach the Chang-Hon forms as instructed by General Choi.Many of the students in the Traditional Taekwon-do Alliance have had the opportunity to practice TaeKwon-Do with General Choi, the founder of Taekwon-Do. In fact, his last International Instructor's Seminar was held here in Colorado in April, 2002, just two months before his death.

**Instructor:**

Instructor Roslyn Bauer (2nd Dan) began training with Master Hups (8th Dan) in Westminster CO in 1998. Ms. Bauer is also a student of yoga, a triathlete, and outdoor enthusiast and brings elements of these interests into the do-jang.Her 6-year-old sons Elijah and Jonah are members of the class.

**Yearly Schedule & Instructor illness:**

Paonia Taekwon-Do follows the Delta County School District Calendar unless otherwise noted. Therefore, Taekwon-do is not held during school breaks or snow-days. If the instructor or substitute instructor is not able to make it due to illness, a make up class will be offered. Tuition includes a minimum of 6 monthly classes (between Paonia and Hotchkiss) per month. If 6 classes will not be scheduled, tuition will be prorated or refunded.

Class will not be held regularly during the summer months. Seminars and summer camps will be held during the off-season.

**Belt levels and advancement:**

With regular attendance and instructor approval colored belts 9+ may test for advancement 3 times per year (depending on readiness level and attendance record). There is a minimum waiting period of 6 months prior to testing for black belt. Students who have earned a belt rank with any school in the past may retain their rank, but will be required to demonstrate knowledge and patterns for all previous levels when advancing to the next belt rank. REMEMBER- Testing is a privilege not a right- you must train hard, attend class regularly, and ask your instructor for permission to test.

White - 10th/9th Gup

Yellow - 8th Gup

High yellow – 7th Gup

Green -6th Gup

High Green -5th Gup

Blue – 4th Gup

High Blue- 4th Gup

Red -2rd Gup

High Red -1st Gup

Black (9 levels)

**Testing Schedule:**

We will test 3 times per year. Testing forms will be handed out and fees will be collected one week in advance. Testing will be followed by a pot-luck banquet during which new ranks will be assigned and awarded.

Mid December

Mid March

Early June

**Useful information about class:**

Our class emphasizes courtesy and respect of each other. During class, you should address the instructor as “Ms. Bauer” and other adults as “Ms. or Mr. Lastname.” Use “Sir or Ma’am” as appropriate. While it is traditional in a taekwon-do class to refer to all of our classmates by their last name, within our class, children may go by first names (or “Sir or Ma’am” ) and adults may choose to address one another by first names. *Keep in mind that when we address members of another class we should always use appropriate salutations*.

**Uniforms/Doboks and equipment:** Doboks are required after white belt (please see above for pricing). A plain white t-shirt may be worn instead of the top on hot days. Underclothes should not interfere with the workout and should not protrude from the uniform (exceptions are made for clothing worn for religious purposes).

**The Do-jang.** We are grateful for the opportunity to use The Blue Sage Center for the Arts and The Yoga Tree in Hotchkiss as our practice spaces. Please remember to demonstrate respect and bow in and out of the do-jang. Please note: it is expected that all students will help with cleanup after class (approximately 10 minutes). **We must be cleared out of our space within 15 minutes of the end of class**. Running and horse-play is not allowed.

**Payment:** Payment is due by the 10th of each month. Checks may be made out to “Paonia Taekwon-Do LLC”.



**PAONIA TAEKWON-DO**

**2017-2018 REGISTRATION**

Family Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ok to text? Y N

Student #1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Payment (Circle one) Monthly ($15) Annual ($125)

due by the 10th Due by June 18th 2017

of each month

Student #2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Payment FREE Monthly ($15) Annual ($125)

Parent due by the 10th Due by June 18th 2017

of each month

Student #3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Payment FREE Monthly ($15) Annual ($125)

Parent due by the 10th Due by June 18th 2017

of each month