

CHUNG'S TAE KWON DO YOUTH CLASSES



In beginner classes, students will learn the foundation of the Korean art of Tae Kwon Do (literally means "the art of kicking and punching").

Students will learn Korean terminology, counting and greetings as well as falling, rolling, kicking, punching and basic self-defense skills.

A strong emphasis is placed on importance of balance, coordination, concentration and the development of self-discipline.

TAE KWON DO STUDENT OATH:

- ◆ 1. I shall observe the Tenants of Tae Kwon Do.
- ◆ 2. I shall respect my instructor and all students.
- ◆ 3. I shall never misuse Tae Kwon Do.
- ◆ 4. I shall be a champion for freedom and justice.
- ◆ 5. I will strive to build a more peaceful world.



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