

Jon Trefz; Taekwondo Instructor. He's been teaching martial arts for the last 23 years. He is a 5th Degree Black Belt, a Certified Instructor from the American Taekwondo Association, Songahm Taekwondo Federation and the World Traditional Taekwondo Union. He is also a member of the American Taekwondo Association. And, he owns his own dojo, Vermillion Taekwondo.

This program is based on traditional Taekwondo, an exciting and powerful martial art known for its dynamic kicks and fast focused hand techniques. This program offers a way to develop essential character qualities such as courtesy, respect, and discipline. In addition, the program will enhance a child's motor skill and ability to pay attention and follow direction. The program will improve coordination and create an attitude of high self-esteem, helping the student to practice and perform to the best of their abilities. **Taekwondo will be held on Wednesday & Saturdays starting Jan 9th**, broken down in 8-week sessions. Final day will be March 1st with Testing. Class sessions & cost run as follows. Class is offered to ages 4 and older, adults are welcomed as well.

Rank testing is available if parent or student requests at the end of the session for an additional fee.

Registration Deadline: Jan 1st, 2008

Price for Taekwondo is as follows: (does not include deposit)

White, Orange, Yellow Wed 5:45 – 6:45 Sat 10:00am – 11:00am
Camouflage, Green, Purple, Blue Wed 6:45 – 7:45 Sat 11:00am – 12:00am
(*Brown/Red/Red-Black/Black will be placed appropriately*)

\$67.50 per participant, *not including deposit*
\$54.00 for each additional immediate family member

*Please add \$10 for each student for deposit for class.
If you are a repeat student deposit is \$5.00*

Payment will be required on the first day of class for Taekwondo. Payment reminders and release forms will be mailed the week prior to class. Please bring release and payment to first class. Memberships must be in good standing to receive any discounts.