

# **Tae Kwon Do FAQ's**

## **What is Tae Kwon Do?**

Tae Kwon Do is a 2000 year old Korean martial art emphasizing kicking and punching. It the most widely practiced art in the world and is an official Olympic sport.

## **Schedule:**

### **Tuesday/Thursday**

6:00-6:45 Beginner Juniors (White belt through green belt)

6:50-7:45 Advanced Junior (Green belt with a blue stripe)

And up

7:45-8:45 Adults (All belts)

### **Saturday**

9:00-10:15 (All ages and ranks)

10:30-11:00 Little Tigers Class (ages 3-6)

## **Who teaches the Tae Kwon Do class:**

Classes will be taught by Master Paul Rose. He is an internationally certified 6<sup>th</sup> degree black belt. He has been training in Tae Kwon Do for over 25 years and has 15 years teaching experience. In the event Master Rose won't be at class, other certified and trained instructors will be here in his place.

## **What is the monthly fee?**

Students are welcome to try a free class. If they want to become a member, tuition is \$80.00 per month with NO CONTRACT. There is also a 10% discount if more than one child is enrolled in the program.

## **What will I or my child be learning?**

As a beginner a student will learn basic self defense techniques while developing better mental and physical fitness.

## **What is the age range of students you teach?**

Students range from age 3 to adult

### **How can I get started?**

You can either register over the phone or in person. Be sure to come to your first class a few minutes early so you can fill out the registration form and meet your instructor. Uniforms are not needed for the first class.

### **What is the difference between Tae Kwon Do and Karate?**

Tae Kwon Do and Karate are very similar martial arts, both emphasizing kicking and punching. Karate originated in Japan. Tae Kwon Do originated in Korea. Tae Kwon Do is more popular because it is less aggressive and easier to learn. It became an official Olympic sport in 2000 and is now practiced in over 180 countries!!!

### **Am I too old, overweight, uncoordinated, etc. to do Tae Kwon Do?**

NO! Tae Kwon Do is the most popular martial in the world because almost anyone can do it, it is easy to learn and students are promoted based on their individual potential. Come try a class and see for yourself!!

### **What are some benefits of Tae Kwon Do training?**

Tae Kwon Do has many, many benefits. Students will learn self defense while gaining confidence, discipline, and listening skills. Students will also develop strength, flexibility, coordination, and cardiovascular fitness. Tae Kwon Do is also great for weight loss, stress relief and is a ton of fun!!

### **How do I advance to the next level belt? How long at each level?**

Students advance by learning the appropriate curriculum for that belt and can have their first promotion as quickly as 1-2 months. The higher the level the more time that is required between promotions. With hard, consistent training a student can achieve a black belt within 3-5 years!!

### **How often do you test for belt advancement?**

Testing is held once a month. When a student has fulfilled their time requirement for that belt and have passed a pretesting they will test that month.

### **What is the student to teacher ratio?**

Classes have anywhere from 5-25 students, with larger classes having assistants.

**Do I only come once a week or can I come more often?**

You can attend class once, twice or three times a week for \$80.00 per month.

**Are there competitions? How do you get involved? Is there travel?**

Competitions are one part of Tae Kwon Do students may get involved in. It is not a requirement but is encouraged at least on the local level. Day to day classroom training will provide a student with the skills he/she needs to compete at this level. If a student wants to take it more seriously then extra training can be provided. As an organization we compete in the **USA Tae Kwon Do** circuit which is the gateway to the Olympic Games!! Students within our organization have become champions on a local, state, regional, national, and even an international level. Most of those champions were tutored by Master Paul Rose.

**Can parents view the class?**

There are chairs in the Tae Kwon Do room for parents to observe the class.