



Saul Mirowitz 2019-20 Enrichment – Taekwondo

Tues & Thurs

3:35–4:35 p.m

*Classes will be held
in the school gym.*

**Classes
limited to
18 students
— Minimum
age 7**

Taekwondo, which means the way of the hand and foot, is a dynamic Korean martial art and Olympic sport in which kicks, punches, blocks, footwork, and evasive movement are applied. Taekwondo helps its practitioners to develop physical and mental fitness within a formal setting under five guiding tenets: courtesy, integrity, perseverance, self-control and indomitable spirit. A typical Taekwondo class lasts 45-minutes to an hour.

Taekwondo classes will be offered during the entire school year, save for school holidays. All classes will be taught by Master Patrick L. Thimangu, 6th-degree blackbelt .

1. Dues are \$80, payable monthly – on the 15th day of each month.
2. New enrollees also pay a \$70 one-time registration fee.
3. Free uniforms provided and the first belt (yellow) testing and certification is free.
4. Enrolled students can take make-up classes at main dojang—www.archtkd.com.



For registration contact
Master Patrick Thimangu at:
Phone: 314-533-4999
E-mail: pthimangu@archtkd.com