



# Saul Mirowitz 2024-25 Enrichment – Taekwondo

Mon & Thurs

3:35–4:35 p.m

Classes will be held  
in the cafeteria.

Open to:

1st– 8th  
Graders

Meets  
weekly all  
semester

Jan 6—May  
22

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, 7th-degree blackbelt .

1. Dues are \$85, payable monthly – on the 15<sup>th</sup> 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](http://www.archtkd.com).



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