

MSMAP TAEKWONDO AT THE ASHLAND FAMILY Y

Taekwondo is an **exciting martial art** that combines a variety of kicks, strikes, and blocks into a **dynamic system** of sport and fun. Taekwondo is a **healthy activity** requiring **strength, flexibility, and overall fitness** to perform the powerful striking and kicking combinations.

More importantly, Taekwondo is an activity that **reinforces positive characteristics** helping individuals become **better citizens of the community**. Children want to express themselves physically in some way. This program allows them to do just that with lots of running, jumping, crawling, kicking, and yelling. Children can fully embrace this chance to enjoy exercise and develop a healthy lifestyle. Plus, through regular training, participants learn self-training, self-discipline, self-confidence, self-defense, and self-respect.

The **core ingredients in our progressive program** are lots of fun action in a fantastic facility following a proven curriculum. Participants learn more and more skills over time. When they pass each successive promotion exam, children advance in rank reflected in the different colored belts. Participants that continue their training eventually **test for black belt**.

Specifically, children learn how to follow directions, display good manners, and participate in a very active and supportive group setting developing coordination and skills while having fun.

FREQUENTLY ASKED QUESTIONS

WHO IS THE INSTRUCTOR? *Chuck Buhs has over 35 years martial arts training and instructional experience with black belts in multiple disciplines: 6th degree in taekwondo; 3rd degree in self-defense yongmudo; and, 1st degree in wado-ryu karate and iaido (Japanese swordsmanship). He has taught at several colleges and universities including UC Berkeley and has served as the executive director and head instructor at the Mount Shasta Martial Arts Program for over 10 years.*

WHAT ARE THE BELT COLORS? *From beginner to advanced students: white, yellow, green, blue, red, and black with stripes separating the solid colors.*

HOW DOES MY CHILD GET A BLACK BELT? *Keep on a schedule. There are no shortcuts: a consistent training routine is the only way to develop the skills needed to advance to the next rank. Belt testing is held every 4 to 6 months.*

IS TAEKWONDO ABOUT VIOLENCE? *No. The self-discipline developed through positive training habits with an experienced instructor in a supportive environment leads to an increase in self-confidence and self-respect. These characteristics help temper emotional outbursts and encourage confident, respectful behavior. Participants are further empowered by learning to celebrate and appreciate everyone's diverse and unique gifts.*

TAEKWONDO



ASHLAND FAMILY YMCA
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CLASSES AND TIMES

Beginning Taekwondo, ages 6-8
Mondays & Wednesdays 3:30-4:15 pm

Beginning Taekwondo, ages 9-12
Mondays & Wednesdays 4:30-5:15 pm

Registration is for the school year.
New students may start at any time, if space is available. Belt testing is held every 4-6 months. Students who start mid-month may not be ready for testing.

Monthly Tuition: \$65 Y-members
\$85 Community

A \$5 non-refundable; non-transferable deposit per month is collected at registration. Tuition is based on 8 classes per month and pro-rated as needed.

Uniforms are an additional fee and can be purchased for \$35 at the Y.

Taekwondo at the Ashland Family YMCA is a fun, dynamic, and effective activity program. The **unique combination of structured fun action tempered with discipline and good manners** provides children with an **appropriate environment** to apply and release their boundless energy. We provide a safe place, a quality curriculum, and experienced guidance that allows children to truly **plant the seeds of success.**

BENEFITS OF TAEKWONDO

Through challenging movements, **this unique program is designed to help children develop three essential tools for success:**

1. CONFIDENCE

Developing unique skills allows children to feel better about themselves.

2. DISCIPLINE

Our progressive, step-by-step process teaches the value of sticking to a consistent schedule.

3. FOCUS

Children learn to ignore distractions, pay attention, and achieve goals.

Children are able to apply these **core abilities** elsewhere in their lives — home, school, sports, arts — anywhere, anytime.

C A R I N G

Student Creed

I will develop myself in a positive manner and avoid anything that could reduce my mental growth or physical health.

I will develop self discipline in order to bring out the best in myself and others.

I will use common sense before self defense and never be abusive or offensive.

R E S P E C T R E S P O N S I B I L I T Y

TUITION POLICY

- Participants are registered for the school year.
- A \$5 non-refundable; non-transferable deposit is due for each month at the time of registration.
- Tuition is paid monthly on the 1st via scheduled electronic payments.

UNIFORMS

- Taekwondo white V-neck pullover uniforms are required. No other uniforms are allowed (i.e., open jackets, colored uniforms, etc.).
- **Uniforms purchased thru the Y are \$35.** This includes a top, pants and belt. Check with the instructor for sizes in-stock and show your receipt to pick-up your uniform.
- It is the student's responsibility to wear clean uniforms at every class.
- Bare feet only. No shoes are worn during class.

ARRIVING & LEAVING

- Everyone entering the facility must scan in with a barcode.
- Participants should not arrive more than 10 minutes before class or leave later than 10 minutes after class.
- Parent supervision is required until class begins. Parents are encouraged to stay and watch their children in action but are not required to stay.
- Parents should escort young children to and from class.