

## TAE KWON DO PROGRAM

TAE KWON DO is a Korean martial art known as the art of kicking and punching. It combines combat techniques, self defense, sport and exercise. Our goal is to teach students to improve in physical strength, build confidence through knowledge and develop self-control, discipline and respect. Classes are held every Mondays and Wednesdays at Bayview Glen P.S Gymnasium at 3:00 p.m. We are accepting students over the age of 5. Classes will begin on September 30 2019 and will be taught by qualified black belt 5<sup>th</sup> Dan Master. Registration forms could be left in the school office and make cheques payable to Thomas Yeung. For information call (647)297-7390.

Class time 3:00 pm to 4:00 pm

Student Name:

Grade:

Phone no.:

Medical conditions:

E-mail:

Emergency contact (name and No.):

Please circle program below: Classes starts September 30 2019 and finishes on November 20 2019

Mondays or Wednesdays \$120

Mondays and Wednesdays \$185