

AHNS TAEKWONDO

PROGRAMS

Anyone of any age can study Tae Kwon Do. Age, sex, physical condition, and body strength are not important. Everyone progresses at their own pace and at their own individual ability. Classes are mixed with higher ranks and lower ranks allowing students to learn from the upper ranked belts. Classes are offered in a variety of ways to ensure that students receive instruction that is age and developmentally appropriate.

□ PEE-WEES - (Ages 3 to 6 Years Old)

Pee Wee class is for children from three to six years of age. It is designed to improve motor skills, listening skills, and coordination. Although the A,B,C's of Tae Kwon Do are introduced and taught daily, children also develop the ability to increase their attention span, learn, and achieve while having fun in a respectful, safe environment.

- Improves motor skills
- Improves listening skills
- Increase coordination
- Increase attention span
- Learn respect

□ KIDS - (Ages 7 to 12 Years Old)

Children's class is for students ranging from seven to twelve years of age. The objective is for them to develop a sense of self-confidence, respect for authority and peers, discipline, and focus. Through practicing basic Tae Kwon Do techniques students develop coordination, strength, flexibility, and cardiovascular fitness. The traits stressed in Tae Kwon Do carry over to improve grades and behavior in school as well as enhance performance in other physical endeavors.

- Promotes good behavior
- Gain self-confidence
- Respect for authority
- Achieve discipline
- Learn to focus
- Physical fitness
- Improves school grades

□ TEEN-AGERS - (Ages 13 to 17 Years Old)

Teenagers benefit tremendously from Tae Kwon Do! Being at an age where peer pressure can become a major influence, Tae Kwon Do training helps students develop the self-confidence and self-respect to make decisions based on positive moral values. The class is designed to teach both basic and more advanced techniques.

- Enhance self-esteem
- Gain self-respect
- Physical fitness
- Learn self-defense
- Improve school grades
- Discipline
- Focus

□ ADULTS - (Ages 18 and Up)

Tae Kwon Do provides adults with an excellent means of unarmed self-defense; although this is certainly not the only benefit derived from training. As with children, training encourages self-discipline, self-confidence, self-respect, and moral values such as trust, humility, and etiquette. Physical strength, flexibility, energy level, and coordination improve as well. Many find that Tae Kwon Do helps to maintain good mental health by providing a positive way of releasing everyday stress and tension.

- Stress relief
- Learn self-defense
- Gain confidence
- Physical exercise
- Cardiovascular fitness
- Lose weight/Muscle tone